

# NATURALOPY

PRECEPT 1

**FREEWILL**





# NATURALOPY

## CELEBRATING HUMANITY

Since time immemorial, our ancestors have gone to great lengths to fabricate myths and fables to answer the six primary existential questions of life:

- Where did we come from?
- What is our purpose in life?
- Why do bad things happen to us?
- Is there a god?
- Are we alone in the Universe?
- What happens to us after we die?

For thousands of years, the East Indians, Sumerians, Babylonians, Persians, Greeks, Egyptians, Romans, Mayans, and other great civilizations of the past have conjured fairy tales of a god or group of gods to justify their existence. We now look at their abandoned gods and think how naive and backward our ancestors must have been.

Today, the Christians, Jews, and Muslims hold steadfast to the idea that an omnipotent figure created the Universe and Earth 6,000 - 10,000 years ago. And that all humans were seeded by Adam and Eve in the Garden of Eden somewhere in modern day Iran or Iraq. These beliefs persist despite the fact that science has refuted and disclaimed those assertions with empirical evidence—evidence that can be verified by anyone willing to do the research. Most don't, thus the perpetual conflict between the Christians, Jews, and Muslims.

The Universe is roughly 13.8 billion years old; the Earth 4.6 billion years old; Humans are the product of evolution, 4.3 billion years in the making.

There is no need to attribute to the gods what Humanity has achieved.



## **Naturalopy** (naCHərə lō pē)

noun

1. The philosophy of adopting universal knowledge and collective wisdom from historical and contemporary sources to form a belief system.
2. The Naturalopist belief system, founded on the shared knowledge and experiences of Humanity; modern philosophy; natural philosophy.

## **Naturalopist** (naCHərə lō pist)

noun

1. One who believes in universal knowledge and collective wisdom as a basis for her or his moral guidelines and belief system; naturalist; spiritualist.
2. One who embraces the 20 Naturalopic Precepts as a guideline for a worldview; acknowledges the law of cause and effect.
3. One who adopts preeminent ideologies and philosophies regardless of their origin; objective mindset.

## **Naturalopic** (naCHərə lō pik)

adjective

Of or relating to the precepts of Naturalopy; collective knowledge, objectivity, cause and effect, empirical evidence, spirituality, transparency, natural philosophy, Nature; equality before the Law, beneficial to Humanity.

# The 20 Precepts of Naturalopy

**Precept** (pre sept)  
noun

A rule, directive, or principle that guides one’s actions, particularly as pertains to moral conduct.

Naturalopy is structured into 20 primary precepts, most of them with supporting precepts.

- |                 |                 |
|-----------------|-----------------|
| 1. Freewill     | 11. Happiness   |
| 2. Karma        | 12. Love        |
| 3. Simplicity   | 13. Dreams      |
| 4. Health       | 14. Wisdom      |
| 5. Spirituality | 15. Success     |
| 6. Compassion   | 16. Suffering   |
| 7. Purpose      | 17. Forgiveness |
| 8. Virtue       | 18. Salvation   |
| 9. Attitude     | 19. Liberty     |
| 10. Character   | 20. Time        |

When taken as a whole and expanded in detail, the Naturalopic framework of 20 precepts is more comprehensive in scope than any single religion or philosophy because it embraces all available knowledge.

Life can be complex, therefore our moral guidelines and belief system are only complete, accurate, and objective when they’re derived from multiple historical and contemporary sources, regardless of their origin.

Life did not come with a manual. Life is a learning process. We make mistakes; we are not sinners. The better choices we make, the higher our quality of life. But we can only make better choices when we are enlightened...

# NATURALOPY

PRECEPT 1

FREEWILL



## PRECEPT 1

# FREEWILL

---

### **free will**

self-determination, freedom to choose, independence

1. The ability to choose; free choice: chose to change my life of my own free will by making daily changes.
2. The power to make choices that are unbound by external forces such as predestination or determinism.

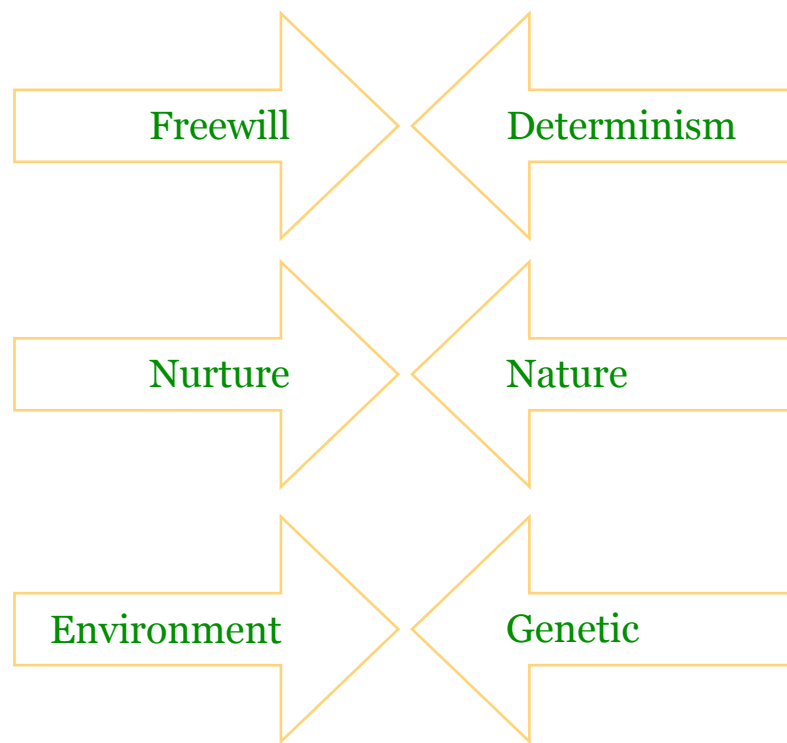
What determines who we become in life? It's the age-old debate of Nurture versus Nature. Is our life shaped by Freewill or Determinism? The answer was, is, and will always be freewill. There is irrefutable evidence from every field of life that we create our life by the choices we make. We have witnessed disenfranchised people of every parentage overcome staggering odds to turn their dreams into reality.

Our life is not a fixed series of events ordained by mythological entities. Nor is our life decided by our parents, friends, peers, community, the media, or our past. Our life is what we make of it. We create our life through self-education, awareness, and conscious effort.

No one should be held responsible for who they were born to, how they were raised, what happened to them in childhood, or the period before enlightenment. However, everyone must take responsibility for their own life as a rational, enlightened adult. When we are enlightened, we have the final say in every choice we make and how we live. Misery, suffering, and happiness are all within our freewill.



## THE FORCES THAT SHAPE OUR LIFE

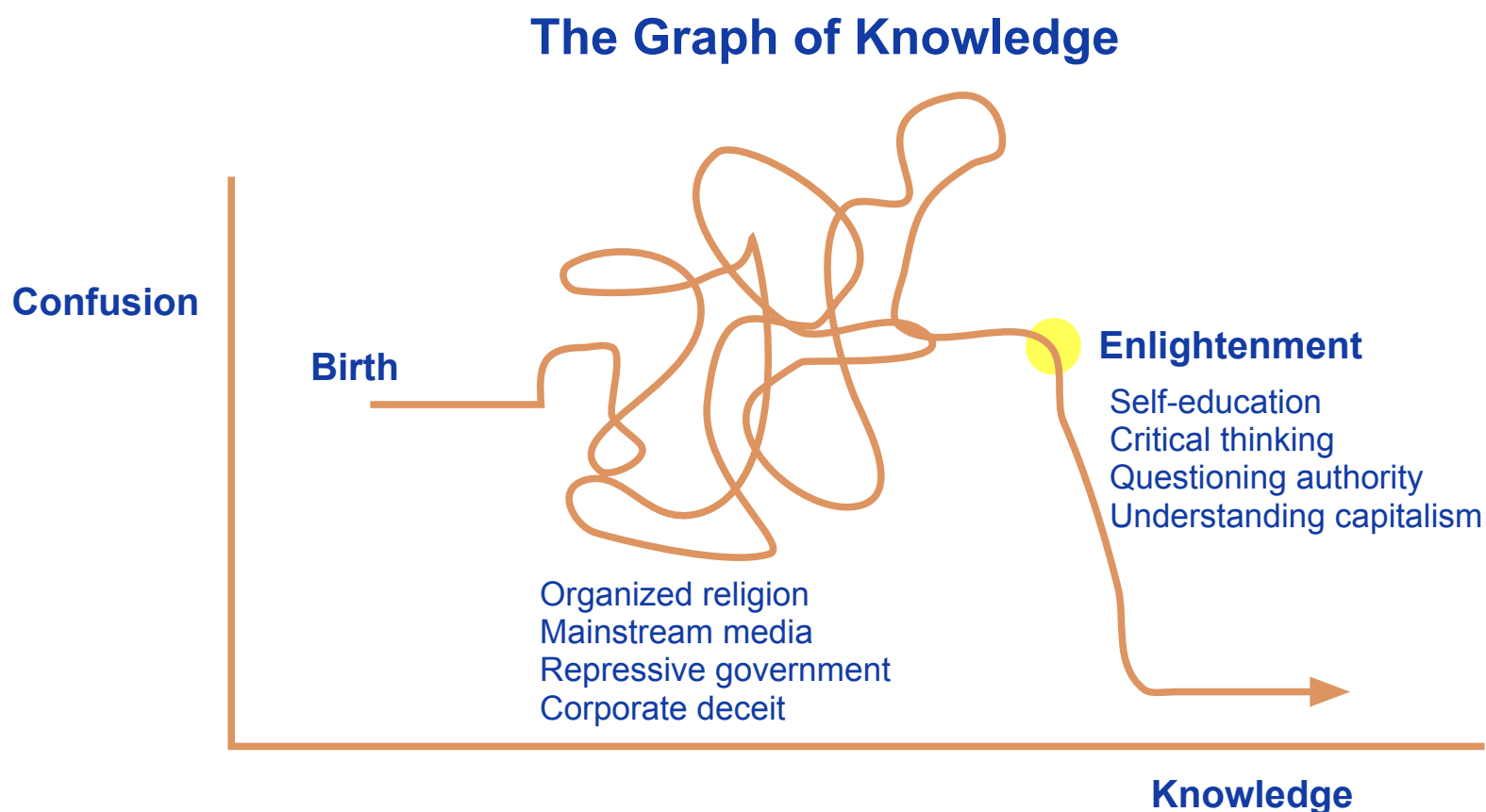


Experience has clearly shown that in human development, freewill trumps determinism, nurture trumps nature, and environment trumps genetics.

The emerging fields of genetics and genomics in which genes and DNA/RNA molecules are mapped and analyzed have no affect on our freewill. The expression of genes are determined by other genes, lifestyle, diet, thoughts, and other factors. Life is dynamic and can be extremely complex; therefore, the idea that genes alone control our life is a pseudoscience. For instance, take the top five successful people in sports, music, business, acting, and science. Were their parents anywhere near as successful as they are? A resounding no. In many cases, they didn't even choose the same fields as their parents did.

The illusion that we have no freewill are promulgated by religious institutions designed to keep us in servitude. Put another way, many things that we've been told from birth that were good for us are actually good for someone else—the invisible guiding hands that have misdirected or suppressed our freewill.

What impedes our freewill are the four banes of knowledge: organized religion, mainstream media, repressive government, and corporate deceit. Particularly, the deliberate, cradle-to-grave miseducation by religious institutions, which can only be overcome by self-education, which leads to self-discovery and the understanding of our proper place in the world.



The journey of enlightenment begins with the understanding that we are the creators of our life. We create our own life, sweat-by-sweat and step-by-step.

The purpose of life is not to find ourselves, but to *create* ourselves. We create our life with the choices we make.



Live a good life. If there are gods and they are just, then they will not care how devout you have been, but will welcome you based on the virtues you have lived by. If there are gods, but unjust, then you should not want to worship them. If there are no gods, then you will be gone, but will have lived a noble life that will live on in the memories of your loved ones.

Marcus Aurelius



I wear the chain I forged in life. I made it link by link, and yard by yard; I girded it on of my own free will, and of my own free will I wore it.

Charles Dickens

Every person builds the world in their own image. They have the power to choose, but no power to escape the necessity of choice.



Ayn Rand

The only person you are destined to become is the person you decide to be.



Ralph Waldo Emerson

Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness, that most frightens us. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine as children do. It's not just in some of us; it is in everyone. And as we let our own lights shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others.



Marianne Williamson

We are what we repeatedly do. Excellence, then, is not an act, but a habit.



Aristotle



Destiny is but a phrase of the weak human heart—the dark apology for every error. The strong and virtuous admit no destiny.

Edward Bulwer-Lytton

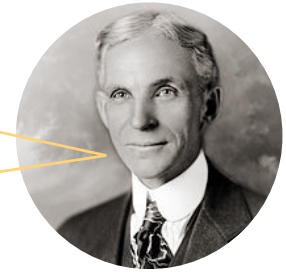
There is nothing that training cannot do. Nothing is above its reach or below it. It can turn bad morals to good, good morals to bad; it can destroy principles, it can recreate them; it can debase angels to men and lift men to angels. And it can do any of these miracles in a year—even six months.

Mark Twain





Whether you think you can, or you think you can't—you are right.



Henry Ford

Take your life in your own hands and what happens?  
A terrible thing: no one to blame.



Erica Jong



Steve Jobs

Life can be much broader once you discover one simple fact, and that is: Everything around you that you call life was made up by people that were no smarter than you. And you can change it, you can influence it, you can build your own things that other people can use.

Lao Tzu



Watch your thoughts; they become words. Watch your words; they become actions. Watch your actions; they become habit. Watch your habits; they become character. Watch your character; it becomes your destiny.



Life is not about finding yourself.  
Life is about creating yourself.

George Bernard Shaw

It is not the strongest of the species that survives, nor  
the most intelligent that survives. It is the one that is  
most adaptable to change.



Charles Darwin

Our greatest glory is not in never falling, but in  
rising every time we fall.

Fall seven times, stand up eight.



Confucius

Nothing in the world can take the place of Persistence. Talent will  
not; nothing is more common than unsuccessful men with talent. Gen-  
ius will not; unrewarded genius is almost a proverb. Education will  
not; the world is full of educated derelicts. Persistence and determina-  
tion alone are omnipotent. The slogan “Press On” has solved and al-  
ways will solve the problems of the human race.



Calvin Coolidge



Life is like a game of cards. The hand you are dealt is determinism; the way you play it is free will.

Jawaharlal Nehru

You are responsible for your life. You can't keep blaming somebody else for your dysfunction. Life is really about moving on.



Oprah Winfrey

The minute you understand that you can poke life, if you push in, something will pop out the other side; you can change life and mold it. That's maybe the most important thing: to shake off this erroneous notion that life is there and you're just going to live in it versus embrace it, change it, improve it, and make your mark upon it. However you learn it, once you learn it, you'll never be the same again.

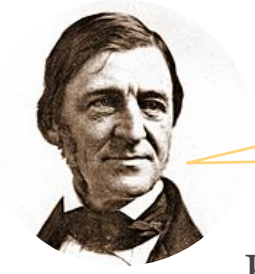


Steve Jobs

Free will is the sum of self-education, awareness, and conscious effort.



Trung Nguyen



Shallow men believe in luck or in circumstance.  
Strong men believe in cause and effect.

Ralph Waldo Emerson



A sign of wisdom and maturity is when you come to terms with the realization that your decisions cause your rewards and consequences. You are responsible for your life, and your ultimate success depends on the choices you make.

Denis Waitley

Every choice has a consequence. We make our choices, then our choices make us.

Naturalopist



Remember that the choices you make, and the reasons you make them, shape your destiny. Remember your free will.

Derek Donais



We make our habits, then our habits make us.

John Dryden



Catholic theology believes that God gave man free will. You can't give somebody free will and then send in a play from the side lines.



Roger Ebert

Things don't just happen in this world of arising and passing away. We don't live in some kind of crazy, accidental universe. Things happen according to certain laws, laws of nature. Laws such as the law of karma, which teaches us that as a certain seed gets planted, so will that fruit be.



Sharon Salzberg

I will take fate by the throat; it will never bend me completely to its will.

Ludwig van Beethoven



Genetics may load the gun, but environment pulls the trigger.



Pamela Peeke

Life is 10% what happens to you and 90% how you respond to it.



Charles R. Swindoll

It is impossible to exercise free will as long as we are operating from within the system. Free will requires consciousness, and our pervasive and deep-seated patterns of thought are unconscious; they are outside of our awareness and therefore outside of our control. While we remain in the system, we see the world through the eyes of carnism. And as long as we look through eyes other than our own, we will be living in accordance to a truth that is not of our own choosing. We must step outside the system to find our lost empathy and make choices that reflect what we truly feel and believe, rather than what we've been taught to feel and believe.



Melanie Joy

You cannot hinder someone's free will, that's the first law of the Universe, no matter what the decision.



E.A. Bucchianeri

There's too much tendency to attribute to God the evils that man does of his own free will.



Agatha Christie



I have noticed even people who claim everything is predestined, and that we can do nothing to change it, look before they cross the road.

Stephen Hawking

That which you call your soul or spirit is your consciousness, and that which you call “free will” is your mind's freedom to think or not, the only will you have, your only freedom, the choice that controls all the choices you make and determines your life and character. Thinking is man's only basic virtue, from which all the others proceed. And his basic vice, the source of all his evils, is that nameless act which all of your practice, but struggle never to admit: the act of blanking out, the willful suspension of one's consciousness, the refusal to think—not blindness, but the refusal to see; not ignorance, but the refusal to know. It is the act of unfocusing your mind and inducing an inner fog to escape the responsibility of judgment.



Ayn Rand



I am very comfortable with the idea that we can override biology with free will.

Richard Dawkins



Free will is a powerful thing. Sometimes it's the only way to realize your true destiny.

Alyson Noel



Free will, though it makes evil possible, it is also the only thing that makes possible any love or goodness or joy worth having.

C.S. Lewis

One of the annoying things about believing in free will and individual responsibility is the difficulty of finding somebody to blame your problems on. And when you do find somebody, it's remarkable how often his picture turns up on your driver's license.



P.J. O'Rourke

James Van Praagh

We always have the freedom to choose how we wish to respond to whatever life presents us.







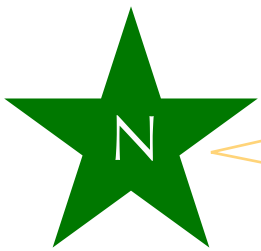
I believe absolutely in my own free will and my own power to accomplish—and that is the belief that moves mountains.

Jean Webster

We must believe in free will—we have no choice.



Isaac Bashevis



I have evolved beyond superstition into an enlightenment of logic, reason, rationality, free thought, free will, evidence, science, and reality.

Naturalopist

When we begin to understand the concept of Karma we will never ever blame God for anything that happens to us. We will realise that we are responsible for all that happens to us. As we sow, so shall we reap. Rich or poor, saint or sinner, miser or philanthropist, learned or illiterate. This is the Universal Law that applies to individuals, to whole communities, societies, nations and races. As we sow, so shall we reap.



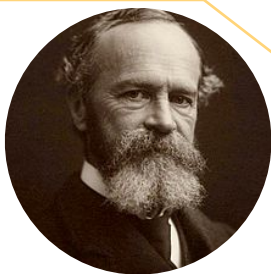
J.P. Vaswani



It is better to go to defeat with free will than to live in a meaningless security as a cog in a machine.

Isaac Asimov

My first act of free will shall be to believe in free will.



William James

When you take free will out of education, that turns it into schooling.



John Taylor Gatto



Hey, guess what: You're the only creature with free will. How does that make you feel?

Kurt Vonnegut

The cool thing about free will is that even if one has a huge bag of karma there is still a lot of free will for all those souls coming into the world.



Kuan Yin



People pay for what they do, and still more, for what they have allowed themselves to become. And they pay for it simply: by the lives they lead.

Edith Wharton

Belief in karma ought to make our life pure, strong, serene, and glad. Only our own deeds can hinder us; only our own will can fetter us. Once we recognize this truth, our hour of liberation has struck. Nature cannot enslave the soul which Wisdom has gained power and uses in love.



Annie Besant

James Allen

A person sooner or later discovers that they are the master-gardener of their soul, the director of their life.



Man is his own star; and the soul that can  
Render an honest and a perfect man,  
Commands all light, all influence, all fate;  
Nothing to him falls early or too late.  
Our acts our angels are, or good or ill,  
Our fatal shadows that walk by us still.



Ralph Waldo Emerson



Who are the only three people in the world that can  
change your life? Take a look in the mirror!  
Me, myself, and I.

Naturalopist

I believe that we are solely responsible for our choices, and  
we have to accept the consequences of every deed, word, and  
thought throughout our lifetime.



Elizabeth Kubler-Ross



Man is a being with free will; therefore, each man is poten-  
tially good or evil, and it's up to him and only him (through his  
reasoning mind) to decide which he wants to be.

Ayn Rand

You are not responsible for the programming you picked up in childhood. However, as an adult, you are one hundred percent responsible for fixing it.



Ken Keyes, Jr.



Albert Ellis

The best years of your life are the ones in which you decide your problems are your own. You do not blame them on your mother, the ecology, or the president. You realize that you control your own destiny.



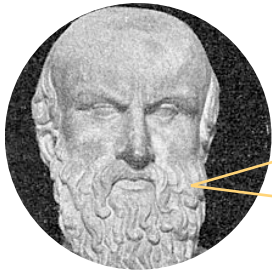
Les Brown

If you take responsibility for yourself you will develop a hunger to accomplish your dreams.



Theodore Roosevelt

If you could kick the person in the pants responsible for most of your trouble, you wouldn't sit for a month.



And one who is just of his own free will shall not lack for happiness; and he will never come to utter ruin.

Aeschylus



In the long run, we shape our lives, and we shape ourselves. The process never ends until we die. And the choices we make are ultimately our own responsibility.

Eleanor Roosevelt

The essence of spiritual life is to simply use our free will properly.



Radhanath Swami

You are given free will, the freedom to choose, the freedom to deny, the freedom to deceive yourself and others, the freedom to believe whatever you want, to imagine whatever you want, to think of God and reality in any way you want, or not at all. You have this freedom.



Naturalopist



In this fast paced world it is too frequently the case that people accept what society, family members and the authorities, whom nobody ever seems to question, believe regarding how to live their lives. And yet, the happiest people I know have been those who have accepted the primary responsibility for their own spiritual and physical well-being—those who have inner strength, courage, determination, common sense and faith in the process of creating more balanced and satisfying lives for themselves.



Ann Wigmore

The forbearance of that action, consequent to such command of the mind, is called voluntary, and whatsoever action is performed without such a thought of the mind is called involuntary.



John Locke

Life is the sum of all your choices.



Albert Camus

All theory is against free will; all experience is for it.



Samuel Johnson



## FOR THE NEW INTELLECTUAL

To think is an act of choice. The key to what you so recklessly call “human nature,” the open secret you live with, yet dread to name, is the fact that man is a being of volitional consciousness. Reason does not work automatically; thinking is not a mechanical process; the connections of logic are not made by instinct.

The function of your stomach, lungs or heart is automatic; the function of your mind is not. In any hour and issue of your life, you are free to think or to evade that effort. But you are not free to escape from your nature, from the fact that reason is your means of survival—so that for you, who are a human being, the question “to be or not to be” is the question “to think or not to think.”

A being of volitional consciousness has no automatic course of behavior. He needs a code of values to guide his actions.



**Ayn Rand**

# CHOICE

## **choice**

alternative, option

1. The freedom to choose as to how one should act.
2. The act of choosing from several alternatives.

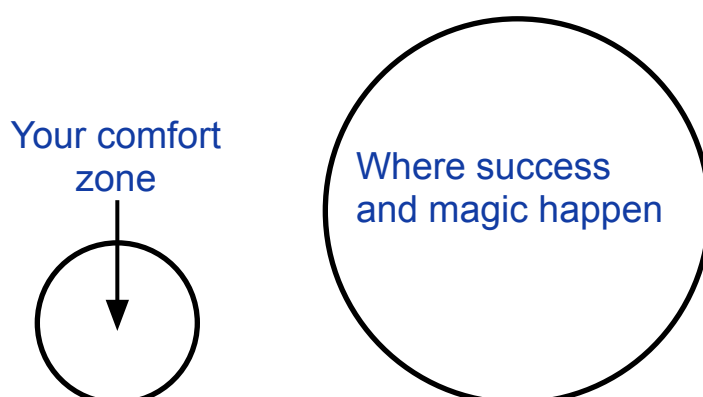
In an ideal world, our decision-making criteria would revolve the following questions:

- will it make me a better person?
- will it empower my community?
- will it result in good karma?

If the answer is “no” to any question, then it’s also “no” to the other two. For example, choices that make us a better person will also empower the community and result in good karma. The question is, “Why do some people make lousy choices in life?” Not just one but a series of awful choices.

Many of our choices are constrained by past patterns of behavior. It has been estimated that we are only 10% aware of what we do—the mind is roughly 10% conscious and 90% subconscious. We are most easily influenced as pre-teens and by the time we reach thirteen, organized religion and mass media have sunk their fangs into our mind, shaping our evolving perspective. There are the tooth fairy, bogeyman, Santa Claus, Jesus Christ, angels, demons, god, hell, heaven, and every imaginable fairy tale and mythology to shape our thoughts and behavior. In order to explain how the world works, we were told everything except the truth. Some members of our family and social circle reinforce the nonsense by regurgitating the propaganda of organized religion and mass media. Unaware, we eventually fall into an intellectual comfort zone. And there we stay until enlightenment opens us to other choices.

As an enlightened adult, we have to unlearn the miseducation of our youth and break free of the imposed comfort zone. All the hogwash we were fed affected our decision making process—the limited choices that we perceived were available to us. To unleash the captive mind, we need to step out of the comfort zone (some call it an intellectual prison).



This comfort zone has been confined by the past, organized religion, and mass media. To break out of it, we need to make choices that:

- promote self-education
- quiet the mind
- nourish the body
- brighten the spirit
- enhance relationships
- add to our creativity and passion

Life didn't come with a manual. Life is a learning process. We make mistakes, we are not sinners. The better choices we make, the higher our quality of life.



We can let the circumstances of our lives harden us so what we become increasingly resentful and afraid, or we can let them soften us, and make us kinder. You always have the choice.

Dalai Lama XIV

You are not stuck! You can change your thoughts, you can change your habits, and you can change your circumstances.



Chris Freytag

Don't be too timid and squeamish about your actions. All life is an experiment. The more experiments you make the better.

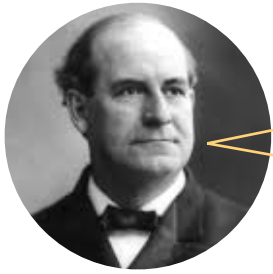


Ralph Waldo Emerson

Your choice of people to associate with, both personally and business-wise, is one of the most important choices you make. If you associate with turkeys, you will never fly with the eagles.



Brian Tracy



Destiny is not a matter of chance, it is a matter of choice; it is not a thing to be waited for, it is a thing to be achieved.

William J. Bryan



You have the power to choose your moods and control your feelings. Your mind controls your world as you see it.

Shadonna Richards



You are the person who has to decide. Whether you'll do it or toss it aside; You are the person who makes up your mind. Whether you'll lead or will linger behind. Whether you'll try for the goal that's afar. Or just be contented to stay where you are.

J.K. Rowling



The grass isn't greener on the other side. It's greener where you water it.

Naturalopist

Any any moment, you have a choice, that either leads you closer to your spirit or further away from it.

Thich Nhat Hanh



Trung Nguyen

When you belief in yourself and are comfortable in your own skin, you need no one to validate your decisions. You will seek their advice but not validation. If you need people to affirm or validate your decisions, then they're probably the wrong decisions.

I choose to live my life by choice, not by chance; to be motivated, not manipulated; I choose to listen to my inner voice, not the random opinion of others.

I choose to be ME.

BE  
YOU

Naturalopist

You always have a choice. It's just that some people make the wrong one.

Nicholas Sparks



It's not what happens to you, but how you react to it that matters.



Epictetus

You've got to make a conscious choice every day to shed the old—whatever “the old” means for you.



Sarah Ban Breathnach



We've all got both light and dark inside us. What matters is the part we choose to act on. That's who we really are.

J.K. Rowling

We are not given a good life or a bad life. We are given a life. It's up to us to make it good or bad.



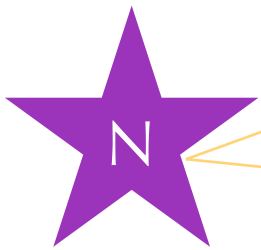
Naturalopist





I am not what happened to me, I am what I choose to become.

Carl Jung



To move forward in life, admit to our past mistakes. Once we accept responsibility a burden is lifted and other choices become available.

Naturalopist

We are our choices.



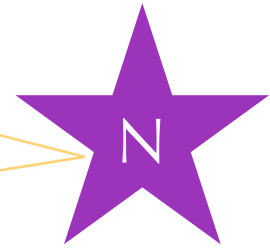
Jean-Paul Sartre

Whatever you decide to do, make sure it makes you happy.



Naturalopist

Life has unequivocally demonstrated that we are the product of the choices we have made. Our genes and upbringing can be overridden by a nutritious diet, daily meditation, and new habits.



Naturalopist



Heroes are made by the paths they choose, not the powers they are graced with.

Brodi Ashton

It's not hard to make decisions when you know what your values are.



Roy Disney

Everyone has choices to make; no one has the right to take those choices away from us. Not even out of love.



Cassandra Clare

In any given moment we have two options: to step forward into growth or to step back into safety.



Abraham Maslow



The right choice is hardly ever the easy choice.

Rick Riordan



When we find inspiration, we need to take action for ourselves and for our communities. Even if it means making a hard choice, or cutting out something and leaving it in your past.

Aron Ralston

Life presents many choices, the choices we make determine our future.



Catherine Pulsifer

Be miserable. Or motivate yourself. Whatever has to be done, it's always your choice.



Wayne Dyer

We all need to decide whether to “play it safe” in life and worry about the downside, or instead take a chance, by being who we really are and living the life our heart desires. Which choice are you making?



Charlie Badenhop

Life is a choice—as is how you handle the pitfalls along its bumpy road.



Julie Donner Andersen

The reason man may become the master of his own destiny is because he has the power to influence his own subconscious mind.



Napoleon Hill

There are two primary choices in life: to accept conditions as they exist, or accept the responsibility for changing them.



Denis Waitley

You always do what you want to do. This is true with every act. You may say that you had to do something, or that you were forced to, but actually, whatever you do, you do by choice. Only you have the power to choose for yourself.



W. Clement Stone

You don't have to buy from anyone. You don't have to work at any particular job. You don't have to participate in any given relationship. You can choose.



Harry Browne

The remarkable thing we have is a choice every day regarding the attitude we will embrace for that day. We cannot change our past. We cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude.



Charles Swindoll



The choices you make now, the people you surround yourself with, they all have the potential to affect your life, even who you are, forever.

Sarah Dessen



You are everything that is, your thoughts, your life, your dreams come true. You are everything you choose to be. You are as unlimited as the endless universe.

Shad Helmstetter



How you react to situations is your personal choice. It is your decision, and yours alone, to determine the importance you give to any situation.

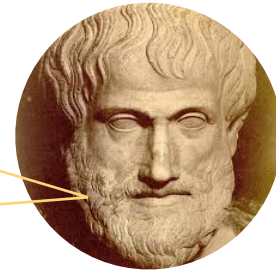
Catherine Pulsifer

And if I may be so bold to offer my last piece of advice for someone seeking and needing to make changes in their life. If you don't like how things are, change it! You're not a tree. You have the ability to totally transform every area in your life—and it all begins with your very own power of choice.

Jim Rohn



Excellence is never an accident. It is always the result of high intention, sincere effort, and intelligent execution; it represents the wise choice of many alternatives—choice, not chance, determines your destiny.



Aristotle

We design our lives through the power of choices.



Richard Bach

Every choice has a consequence and is cumulative. We make our choices, then our karma is the result of those choices.



Trung Nguyen



If you deliberately plan on being less than you are capable of being, then I warn you that you'll be unhappy for the rest of your life.

Abraham Maslow



## THE BEAUTIFUL TRUTH

For each of us, eventually whether we're ready or not, someday it will come to an end. There will be no more sunrises, no minutes, hours, or days. All the things you collected, whether treasured or forgotten will pass to someone else. Your wealth, fame and temporal power will shrivel to irrelevance. It will not matter what you owned or owed.

Your grudges, resentments, frustrations, and jealousies will finally disappear. So too, your hopes, ambitions, plans and to-do lists will expire. The wins and losses that once seemed so important will fade away. It won't matter where you came from or what side of the tracks you lived at the end. It won't matter if you're beautiful or brilliant. Even your gender and skin color will be irrelevant.

So what will matter? How will the value of your days will be measured? What will matter is not what you've bought but what you've built, not what you got but what you gave.

What will matter is not your success but your significance. What will matter is not what you've learned but what you've taught.

What will matter is every act of integrity, compassion, courage, and sacrifice that enriched and empowered or encouraged others to emulate your example.

What will matter is not your competence but your character. What will matter is not how many people you knew but how many will feel a lasting loss when you're gone.

What will matter is not your memories but the memories that live with those who love you.

A life lived that matters is not of circumstance but of choice.



**Max Gerson**

## I CHOOSE

I choose to live by choice, not by chance

to make changes, not excuses

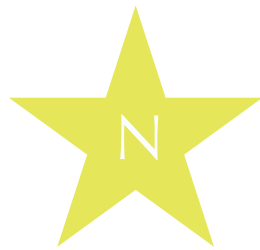
to be motivated, not manipulated

to be useful, not used

to excel, not compete

I choose self-esteem, not self-pity

I choose to listen to my inner voice, not the random opinion of others



# MIND

## **mind**

mentality, consciousness, thought, cognizance, intellect, reasoning, creativity

1. A person's accumulated awareness that directs their mental, emotional, and physical behavior.
2. The ability to remember and to focus on thoughts; to pay attention to.
3. The ethereal part of the brain that manifests in memory, thought, intellect, reasoning, and imagination.

Before anything is manifested in the physical world, it must first be birthed in the mind. Our mind is a world of its own. It is within the mental constructs of the mind that we think, dream, plan, and organize perceptions.

The brain-mind connection is Nature's most complex creation. An apt analogy of the brain-mind relationship is a computer, which includes the hardware (brain) and the software (mind). The same computer can perform different functions depending on the software that is installed in it—some software slow down the computer, while others increase its performance. It all depends on the instructions coded in the installed software, or what we feed it (GIGO—garbage in, garbage out). Many people's computers are infested with pre-installed malware: virus (organized religion), worm (corporate advertising), spyware (government intrusion), and trojan horse (false friends). For these people, new hardware and a precautionary hard disk format should be performed before installing new software. For others, a software update is sufficient.

The human brain-mind combo works similar to the computer hardware-software combo. If we want the ultimate user experience and peak performance, we need to upgrade the hardware and software—we need to upgrade our brain and mind.

First, we need to upgrade the hardware. We need to build a robust brain (hardware) by eating copious amounts of fruits, vegetables, and other brain foods. For example, nuts, seafood, berries, green tea, leafy greens are several foods that enhance brain function. If our mind is telling our brain to perform a function and the brain won't obey, it is because the brain doesn't have the necessary nutrients (power, muscle, raw material) to carry out the instruction. There is a disconnect between the brain and mind—the belly rules the mind. A nutritious diet and physical exercise nourish the brain so it can execute the instructions of the mind.

Second, we need to update the software (the mind). We need to reprogram our mind through visualization, meditation, or NLP (neuro-linguistic programming). Note that visualization and meditation are different techniques for training the mind. Visualization actively engages the mind, whereby meditation releases the mind from all activities so whatever is important surfaces. Another proven method to train the mind is a psychotherapy called CBT (cognitive behavior therapy). The tools of visualization, meditation, NLP, and CBT should be a sufficient starting point to update or recode our software, the mind.

Remember, the mind can work against us or for us. When we upgrade our hardware (nourish our cells with nutritious food), we have the necessary components to run the latest software. However, if we install malware (negative thoughts), it will work against us; program it properly (positive attitude) and the mind will work for us.

All that we are is the result of what we have thought.  
The mind is everything.

What we think, we become.



Buddha



Carl Jung

Until you make the unconscious conscious, it will  
direct your life and you will call it fate.

Life is one big road with lots of signs. So when you're riding  
through the ruts, don't complicate your mind. Flee from  
hate, mischief, and jealousy. Don't bury your thoughts, put  
your vision to reality. Wake up and live!



Bob Marley

Great minds have purposes, others have wishes.



Washington Irving

Action is the real measure of intelligence.

Napoleon Hill



Put your heart, mind, and soul into even your smallest acts. This is the secret of success.

Swami Sivananda

To keep the body in good health is a duty. Otherwise we shall not be able to keep our mind strong and clear.



Buddha



The inlet of a man's mind is what he learns; the outlet is what he accomplishes. If his mind is not fed by a continued supply of new ideas which he puts to work with purpose, and if there is no outlet in action, his mind becomes stagnant. Such a mind is a danger to the individual who owns it and is useless to the community.

Jeremiah W. Jenks

The mind is its own place, and in itself can make a heaven of Hell, a hell of Heaven.



John Milton

Only in a quiet mind is adequate perception of the world.



Hans Margolius

It is the mind that makes the body rich. There is no better sign of a brave mind than a hard hand.



William Shakespeare

A truly strong and sound mind is the mind that can equally embrace great things and small.



Samuel Johnson



Everything is created twice. First, in the mind, then in reality.



Robin Sharma

Man's task is to become conscious of the contents that press upward from the unconscious.



Carl Jung



We are shaped by our thoughts; we become what we think. When the mind is pure, joy follows like a shadow that never leaves.

Buddha

Think twice before you speak, because your words and influence will plant the seed of either success or failure in the mind of another.



Napoleon Hill



The spirit of the individual is determined by his dominating thought habits.

Bruce Lee



Iron rusts from disuse, stagnant water loses its purity and in cold weather becomes frozen; even so does inaction sap the vigors of the mind.

Leonardo da Vinci

The mind is like the stomach. It is not how much you put into it that counts, but how much it digests.



Albert J. Nock

There is nothing so elastic as the human mind. The more we are obliged to do, the more we are able to accomplish.



Tryon Edwards



I have learned over the years that when one's mind is made up, this diminishes fear; knowing what must be done does away with fear.

Rosa Parks



You might be poor, your shoes might be broken, but your mind is a palace.

Frank McCourt

The snake which cannot cast its skin has to die. As well the minds which are prevented from changing their opinions; they cease to be mind.



Friedrich Nietzsche



The future you see is the future you get.

Robert G. Allen

The energy of the mind is the essence of life.

Aristotle



I found that when you start thinking and saying what you really want then your mind automatically shifts and pulls you in that direction. And sometimes it can be that simple, just a little twist in vocabulary that illustrates your attitude and philosophy.

Jim Rohn

Focus and visualize on what you want; do them every morning and before you sleep. You move in the direction of your most dominant thought. Obviously, you first have to know what it is that you want.



Trung Nguyen



Man's mind once stretched by a new idea, never regains its original dimension.

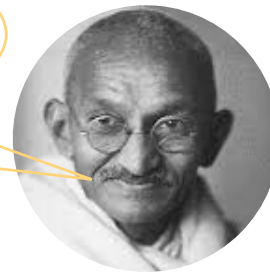
Oliver Wendell Holmes

What we think determines what happens to us, so if we want to change our lives, we need to stretch our minds.



Wayne Dyer

You can chain me, you can torture me, you can even destroy this body, but you will never imprison my mind.



Mahatma Gandhi



Joseph Addison

Reading is to the mind what exercise is to the body.



Biology gives you a brain.  
Life turns it into a mind.

Jeffrey Eugenides



The monsters of the mind are far worse than those that actually exist. Fear, doubt, and hate have hamstrung more people than beasts ever have.

Christopher Paolini

There are but two powers in the world: the sword and the mind. In the long run the sword is always beaten by the mind.



Napoleon Bonaparte



Merely having an open mind is nothing. The object of opening the mind, as of opening the mouth, is to shut it again on something solid.

G.K. Chesterton



An open mind is all very well in its way, but it ought not to be so open that there is no keeping anything in or out of it. It should be capable of shutting its doors sometimes, or it may be found a little draughty.

Samuel Butler



Cicero

We cannot employ the mind to advantage when we are filled with excessive food and drink.

The best cure for a sluggish mind is to disturb its routine.



William H. Danforth

One reason why men and women lose their heads so often is that they use them so little! It is the same with everything. If we have anything that is valuable, it must be put to some sort of use. If a man's muscles are neglected, he soon has none, or rather none worth mentioning. The more the mind is used the more flexible it becomes, and the more it takes upon itself new interests.



George Matthew Adams



Ralph Waldo Emerson

Nothing is at last sacred but the integrity of your own mind.



A chief event of life is the day in which we have encountered a mind that startled us.



Ralph Waldo Emerson

A great mind is one that can forget or look beyond itself.



William Hazlitt



I will not let anyone walk through my mind with their dirty feet.

Mahatma Gandhi

A mind becomes a detriment when it acquires more intelligence than its integrity can handle.



Cullen Hightower

## TAKE CONTROL OF YOUR MIND

Self-discipline, self-control, means taking possession of your own mind. You can generate enthusiasm by your thoughts, feelings, and emotions

The power of thought is the only thing which any human being has complete, unquestionable control. We have the power of self-determination, the ability to choose what our thoughts and actions will be. If you direct your thought and control your emotions, you will ordain your destiny. You can do it if you believe you can. Take charge of your life.

Remember, what your mind focuses upon, your mind brings into existence.

You are what you think!



**Napoleon Hill**

# SELF

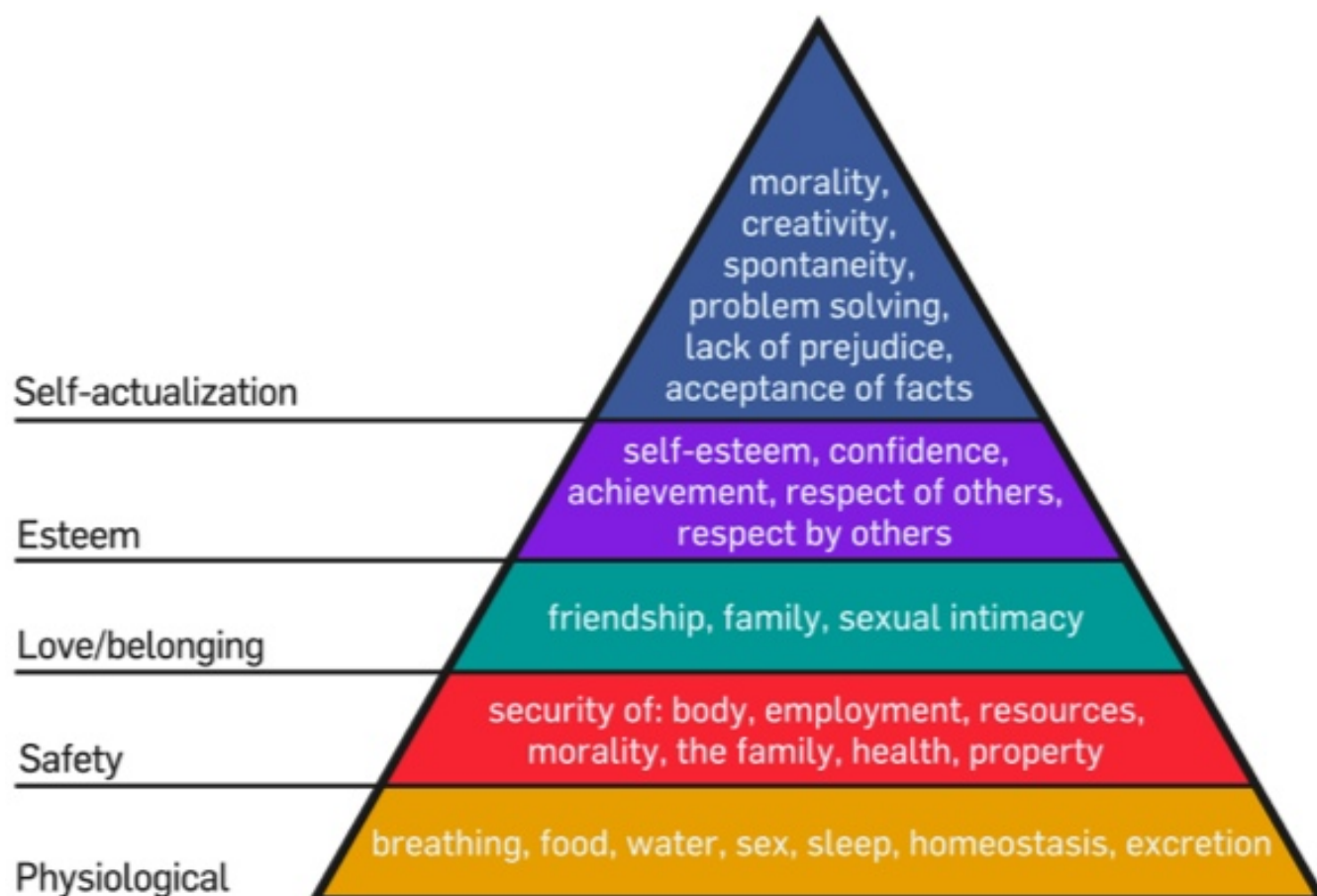
## self

identify, individuality, uniqueness

1. A set of unique qualities that distinguishes oneself from another.
2. The distinct characteristics of a person that set them apart.

The Self is our unique identity. However, how much of it is shaped by the heart, ego, or society varies in each person. It could be argued that in a hyper-connected society with always-on social media, the Self in most people is shaped by the ego and society.

The stages of the Self are best illustrated by Maslow's Hierarchy of Needs. We start at the bottom with fundamental physiological needs and throughout life work hard to achieve our dreams. Unfortunately, many of us never get there due to the lack of self-believe.



The Self goes through many phases in life: self-hate, self-reflection, self-improvement, self-education, self-discovery, self-awareness, self-compassion, self-esteem, self-determination, self-reliance, self-love, self-mastery, and self-actualization.

The most difficult part of the Self is to accept itself—imperfections, mistakes, shortcomings, failures, faults, and all. The inability to accept ourself results in building moats and walls that cut off healthy relationships and intimacy. When we feel the urge to build moats and walls to keep out others, remember that life didn't come with a manual; we make mistakes, we are not sinners. Life is a learning process.

Life is a learning process. We build ourself by moving up Maslow's Hierarchy of Needs one level at a time. If mistakes are made along the way, they're part of the learning process. We accept what is dealt to us and keep going until we reach the pinnacle of Self: Self-actualization.

Believe in yourSELF.

Anyone can plot a course with a map or compass; but without a sense of who you are, you will never know if you're already home.



Shannon L. Alder

The most beautiful people we have known are those who have known defeat, known suffering, known struggle, known loss, and have found their way out of the depths. These persons have an appreciation, a sensitivity and an understanding of life that fills them with compassion, gentleness, and a deep loving concern. Beautiful people do not just happen!



Elisabeth Kübler-Ross



What is necessary to change a person is to change the awareness of himself or herself.

Abraham Maslow

The hardest challenge is to be yourself in a world where everyone is trying to make you be somebody else.



E. E. Cummings

What a person can be, he or she must be. This need we call self-actualization.



Abraham Maslow

The unexamined life is not worth living.



Socrates

The key to the universe lies dormant within the self, waiting to awaken through self-discovery.



Taejoon Lee

Remember always that you not only have the right to be an individual, you have an obligation to be one.



Eleanor Roosevelt

Man cannot remake himself without suffering,  
for he is both the marble and the sculptor.



Alexis Carrel

Always be yourself, express yourself, have faith in  
yourself. Do not go out and look for a successful  
personality to duplicate.



Bruce Lee



Do you want to know who you are? Don't ask.  
Act! Action will delineate and define you.

Thomas Jefferson

My willingness to be intimate with my own deep  
feelings creates the space for intimacy with another.



Shakti Gawain



Knowing yourself is the beginning of all wisdom.



Aristotle



We meet ourselves time and time again in a thousand disguises on the path of life.

Carl Jung

Can you remember who you were before the world told you who you should be?



Danielle LaPorte



The best way to find yourself is to lose yourself in the service of others.

Mahatma Gandhi



Growth begins when we start to accept our own weakness.

Jean Vanier

We are each gifted in a unique and important way. It is our privilege and our adventure to discover our own special light.



Mary Dunbar



People are like stained-glass windows. They sparkle and shine when the sun is out, but when the darkness sets in their true beauty is revealed only if there is light from within.

Elisabeth Kübler-Ross



She lacks confidence, she craves admiration insatiably. She lives on the reflections of herself in the eyes of others. She does not dare to be herself.

Anais Nin

We don't realize that, somewhere within us all, there does exist a supreme self who is eternally at peace.

Elizabeth Gilbert



To be beautiful means to be yourself. You don't need to be accepted by others. You need to accept yourself.

Thich Nhat Hanh

Don't wait until everything is just right. It will never be perfect. There will always be challenges, obstacles and less than perfect conditions. So what. Get started now. With each step you take, you will grow stronger and stronger, more and more skilled, more and more self-confident and more and more successful.

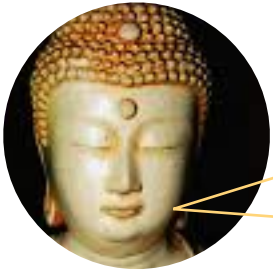


Mark Victor Hansen



I've finally stopped running away from myself. Who else is there better to be?

Golden Hawn



It is better to conquer yourself than to win a thousand battles. Then the victory is yours. It cannot be taken from you, not by angels or by demons, heaven, or hell.

Buddha

You are your own judge. The verdict is up to you.



Astrid Alauda

Loving yourself does not mean being self-absorbed or narcissistic, or disregarding others. Rather it means welcoming yourself as the most honored guest in your own heart, a guest worthy of respect, a lovable companion.



Margo Anand



The way to develop self-confidence is to do the thing you fear and get a record of successful experiences behind you.

William Jennings Bryan

There is nothing noble about being superior to some other man. The true nobility is in being superior to your previous self.



Hindu Proverb



The most painful thing is losing yourself in the process of loving someone too much, and forgetting that you are special too.

Ernest Hemingway



We are taught you must blame your father, your sisters, your brothers, the school, the teachers—but never blame yourself. It's never your fault. But it's always your fault, because if you wanted to change you're the one who has got to change.

Katharine Hepburn

To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment.



Ralph Waldo Emerson



What I'm looking for is not out there, it is in me.

Helen Keller



If you feel lost, disappointed, hesitant, or weak, return to yourself, to who you are, here and now and when you get there, you will discover yourself, like a lotus flower in full bloom, even in a muddy pond, beautiful and strong.

Masaru Emoto



Rumi

Yesterday I was clever, so I wanted to change the world. Today I am wise, so I am changing myself.

Henry Van Dyke



Self is the only prison that can ever bind the soul.



Trust yourself. Create the kind of self that you will be happy to live with all your life. Make the most of yourself by fanning the tiny, inner sparks of possibility into flames of achievement.

Golda Meir



There are at least two kinds of cowards. One kind always lives with himself, afraid to face the world. The other kind lives with the world, afraid to face himself.

Roscoe Snowden



One important key to success is self-confidence. An important key to self-confidence is preparation.



Arthur Ashe



Daniel Defoe

Self-destruction is the effect of cowardice in the highest extreme.





The courage to be is the courage to accept oneself, in spite of being unacceptable.

Paul Tillich

Low self-confidence isn't a life sentence. Self-confidence can be learned, practiced, and mastered—just like any other skill. Once you master it, everything in your life will change for the better.



Barrie Davenport

Argue for your limitations and, sure enough, they're yours.



Richard Bach

Talk to yourself like you would to someone you love.



Brene Brown

Who looks outside, dreams;  
who looks inside, awakes.



Carl Jung

If you aren't good at loving yourself, you will have a difficult time loving anyone, since you'll resent the time and energy you give another person that you aren't even giving to yourself.



Barbara De Angelis



Alan Cohen

To love yourself right now, just as you are, is to give yourself heaven. Don't wait until you die. If you wait, you die now. If you love, you live now.



Martin H. Fischer

Your soul is all that you possess. Take it in hand and make something of it!

You have the answer. Just get quiet enough to hear it.



Pat Obuchowski

Once we believe in ourselves, we can risk curiosity, wonder, spontaneous delight, or any experience that reveals the human spirit.



E. E. Cummings

I love myself for I am a beloved child of the universe and the universe lovingly takes care of me now.



Louise Hay

You yourself, as much as anybody in the entire universe, deserve your love and affection.



Buddha



Freeing yourself was one thing, claiming ownership of that freed self was another.

Toni Morrison



We have to dare to be ourselves, however frightening or strange that self may prove to be.

May Sarton

The Self is a battle between the heart and the ego, or good and evil. It can take years of reading conflicting ideologies and practice to form the mindset best suited for our personality and experience.



Trung Nguyen

This above all: to thine own self be true.



William Shakespeare



A house is not a home unless it contains food and fire for the mind as well as the body.

Benjamin Franklin

We know that when people are safe in their homes, they are free to pursue their dream for a brighter economic future for themselves and their families.



George Pataki



Home is where the heart is because it's where our sense of self first developed. If our self-esteem is low due to a broken home, then the self must be reclaimed through self-education.

Naturalopist

There is nothing more important than a good, safe, secure home.



Rosalynn Carter

I think you travel to search and you come back home to find yourself there.



Chimamanda Ngozi Adichie

The struggle with the Self is the battle between the conscious mind and the subconscious mind. All the issues holding us back are buried in the subconscious. They need to be dug out, examined, and polished.



Trung Nguyen



Don't worry about finding your soul mate. Find yourself.

Jason Evert

You never find yourself until you face the truth.



Pearl Bailey



## THE ROAD NOT TAKEN

Two roads diverged in a yellow wood,  
And sorry I could not travel both  
And be one traveler, long I stood  
And looked down one as far as I could  
To where it bent in the undergrowth;

Then took the other, as just as fair,  
And having perhaps the better claim,  
Because it was grassy and wanted wear;  
Though as for that the passing there  
Had worn them really about the same,

And both that morning equally lay  
In leaves no step had trodden black.  
Oh, I kept the first for another day!  
Yet knowing how way leads on to way,  
I doubted if I should ever come back.

I shall be telling this with a sigh  
Somewhere ages and ages hence:  
Two roads diverged in a wood, and I—  
I took the one less traveled by,  
And that has made all the difference.



**Robert Frost**



# ORIGIN

## **evolution**

change, growth, development, progression, transformation, natural process

1. The change in the genetic composition of a population over successive generations.

## **abiogenesis**

spontaneous order, spontaneous generation

1. The natural process of life arising from non-living matter such as simple inorganic compounds.

The origin of life debate consists of two camps: Evolutionists versus Creationists. Or science versus religion, abiogenesis versus biogenesis, empirical evidence versus myth, and Darwinism versus Creationism. These theories are incompatible with each other. In many cases, they contradict each other. However, there is only one truth.

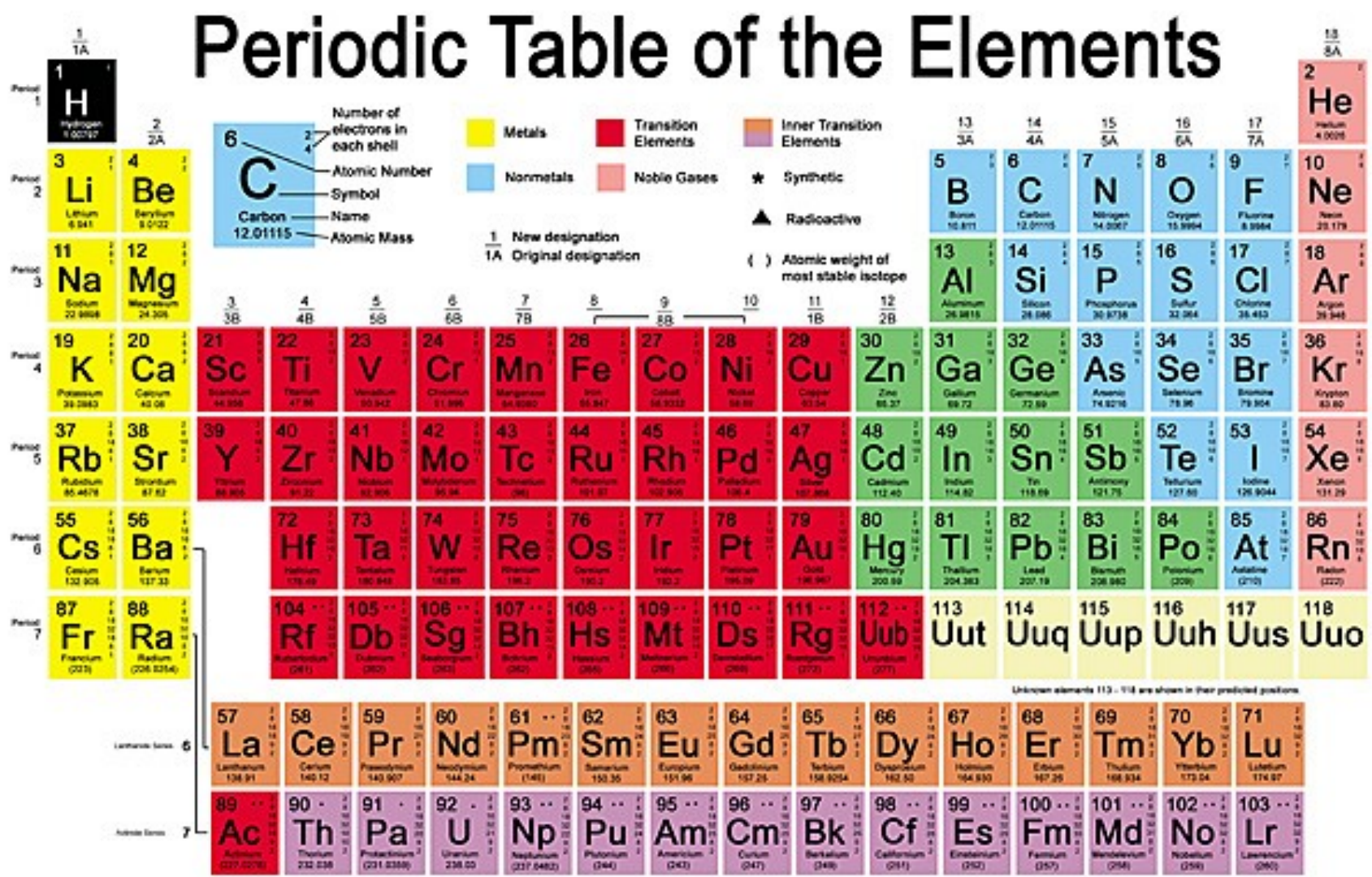
Creationists believe that roughly 6,000 - 10, 000 years ago, god created the Universe and Earth in 6 days and rested on the 7th day, thus Sunday. Creationists also believe in biogenesis—that only living organisms can create other living organisms. Creationists point to the Periodic Table of the Elements, in which all the elements that make up the Universe are inorganic (not living matter, not biological). Therefore, if everything in the Universe is made of inorganic elements, how did organic (biological) life originate from lifeless matter? Creationists also point to the astounding large odds to dismiss the theory of entropy (randomness). Creationists also point to the “missing link” in the theory of evolution—if humans evolved from apes, then why are apes still around?

entropy

decay, breakup, randomness, degeneration, disorder

- 1. In thermodynamics, entropy (usual symbol S) is a measure of the number of specific ways in which a thermodynamic system may be arranged, commonly understood as a measure of disorder.
- 2. The tendency of a system that is left to itself to descend into chaos; uncountable.

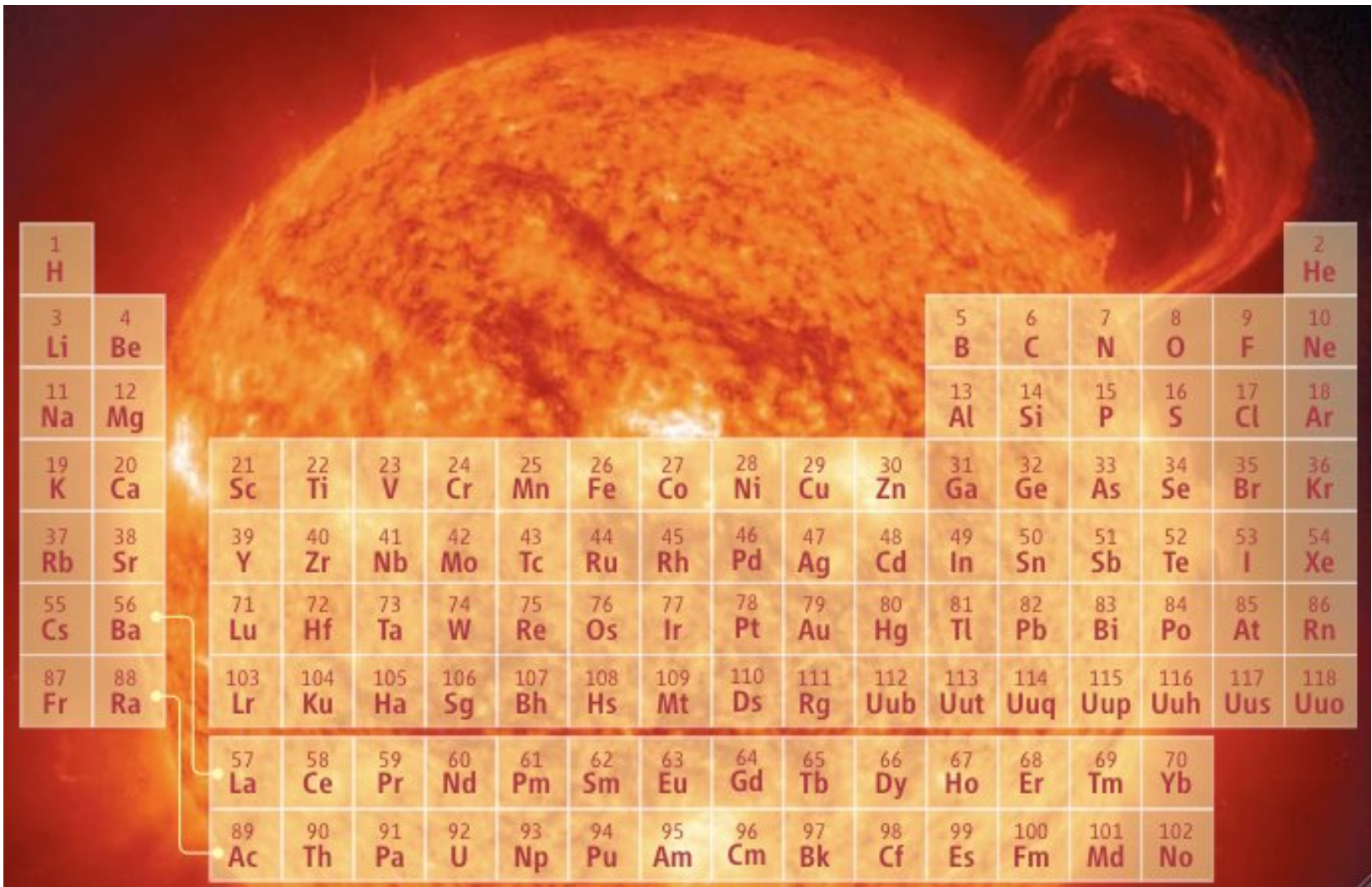
Note the Periodic Table of the Elements below. It is believed that everything in the cosmos, including humans, is made of the elements listed below. Elements, such as hydrogen and oxygen, are made of atoms; which in turn are made of electrons, protons, and neutrons; which in turn are made of quarks; which in turn are made of the Higgs Boson elemental particle, or particles. For example, the content of the Sun is 71% hydrogen (H) and 27.1% helium (He). In the fantastically hot furnace of the Sun’ core, hy-





drogen and helium (both elements) are fused into heavier elements, such as oxygen(O), carbon(C), nitrogen(N), silicon(Si), magnesium(Mg), neon(Ne), sulfur(S), and iron(Fe). This is an example of how small things become big things in an entropic system, and how simple things become complex things.

When a star, such as our Sun, explodes (supervnova, dies), it gets unimaginably hot and in the process, heavier elements are created, giving birth to asteroids, moons, plan-

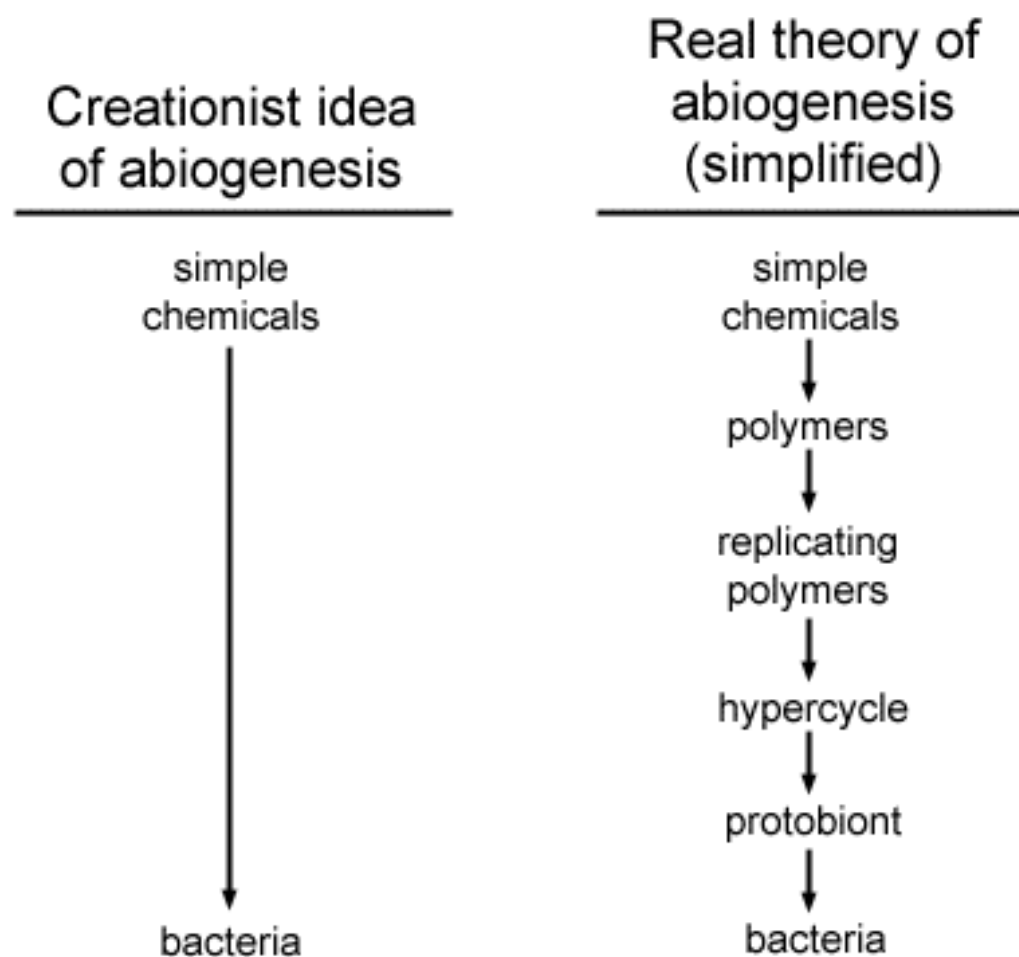


ets, and sometimes new stars. From the inner workings of the Sun, we see a common pattern: given enough time and with the right energy and condition, smaller things become bigger things and simple things become complex things.

However, if everything in the cosmos is made of inorganic elements, how is it possible that biological lifeforms such as plants and humans originated from those lifeless matter? This is the abiogenesis versus biogenesis debate. Creationists believe in biogenesis—that only organic organisms can give life to other organic organisms.

Again, when small things are left alone, with enough time, energy, and entropy working for them, small things become bigger, complex things. Small things amalgamate,

fuse, rearrange, synthesize, and even reproduce. For example, a common compound is water (H<sub>2</sub>O), which is made of two elements: hydrogen (H) and oxygen (O).



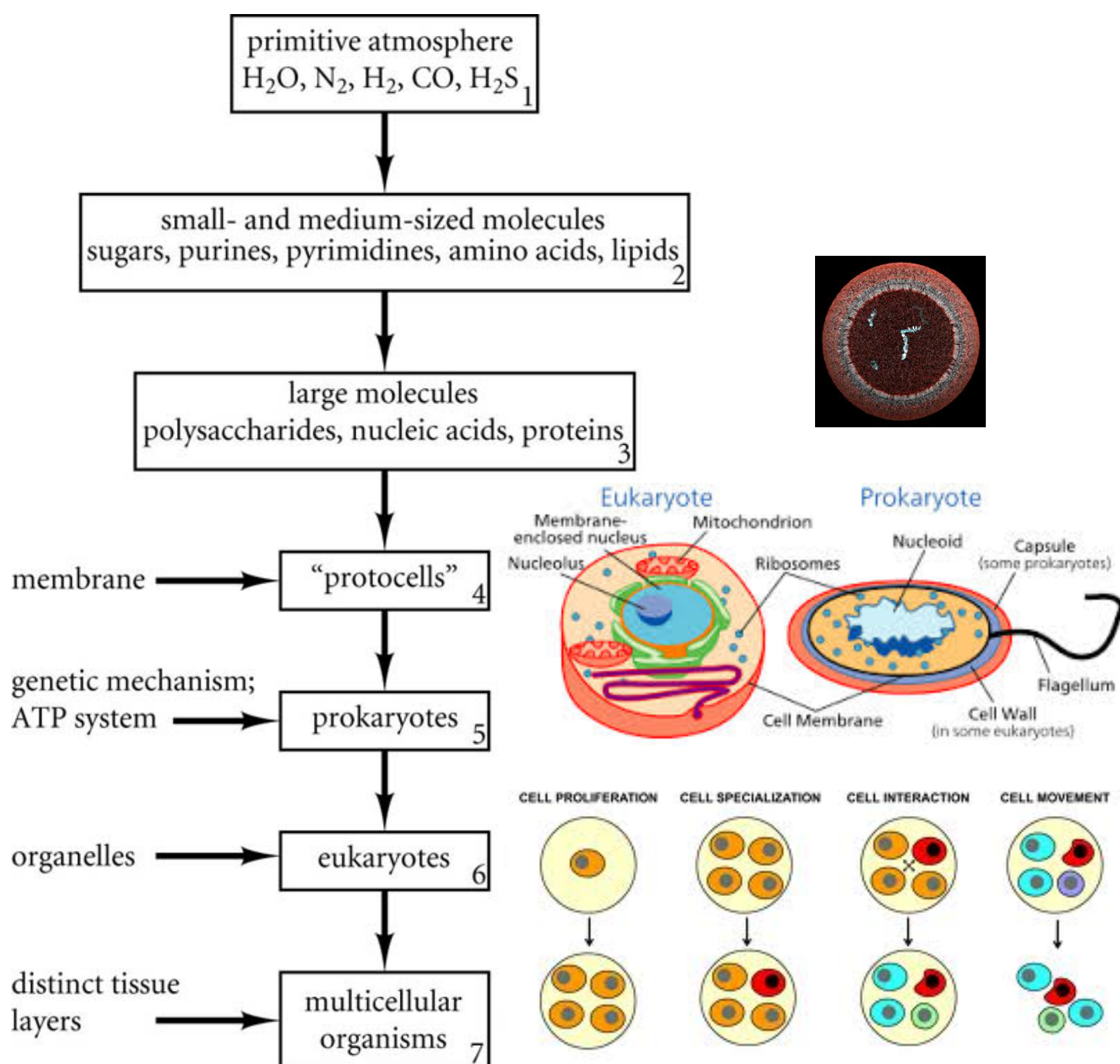
We are infinitesimally small in the infinitely massive cosmos. Our concept of time is in days, weeks, months, and decades—any period longer than eight decades is history to most of us. This is how eighty years looks like: 80 years. Now, imagine 3.55 billion years, or 4.55 billion years, or 13.7 billion years:

- 80 years (average lifespan of many humans)
- 3, 550, 000, 000 years (estimated age of first organic, multicellular organism)
- 4, 550, 000, 000 years (age of Earth)
- 13, 780, 000, 000 years (age of Universe)

We have no personal point of reference or any way to comprehend the staggering expanse of “billions” of years. We only say the billions as a number with a decimal. But behind those billions of years are the processes of entropy and abiogenesis at work. Then add **energy** from radiation, lightning, volcanic eruption, or other energy sources and we have the blueprint for our genetic material.

With enough time, elements amalgamate into simple-inorganic compounds, simple compounds into complex compounds; when energy is added, inorganic compounds turn into organic compounds, organic compounds into molecules, molecules into cells, cells into microbes; microbes and cells into tissues, tissues into organs, organs into multiple organs; into small species, and eventually into humans. It is estimated that the human body has about 100 trillion cells, which varies depending on the mass of the person.

Just like the Sun is comprised of smaller parts, the human body is also comprised of smaller parts. These smaller parts of the Sun and the human body have their beginnings from the Periodical Table of the Elements. And with the blessing of time, entropy, and energy, those elements evolved to form complex, organic matter.





# Darwin's Theory Of Evolution—The Premise



Darwin's Theory of Evolution is the widely held notion that all life is related and has descended from a common ancestor: the birds and the bananas, the fishes and the flowers—all related. Darwin's general theory presumes the development of life from non-life and stresses a purely naturalistic (undirected) “descent with modification”. That is, complex creatures evolve from more simplistic ancestors naturally over time. In a nutshell, as random genetic mutations occur within an organism's genetic code, the beneficial mutations are preserved because they aid survival—a process known as “natural selection.” These beneficial mutations are passed on to the next generation. Over time, beneficial mutations accumulate and the result is an entirely different organism (not just a variation of the original, but an entirely different creature). —[www.darwins-theory-of-evolution.com](http://www.darwins-theory-of-evolution.com)

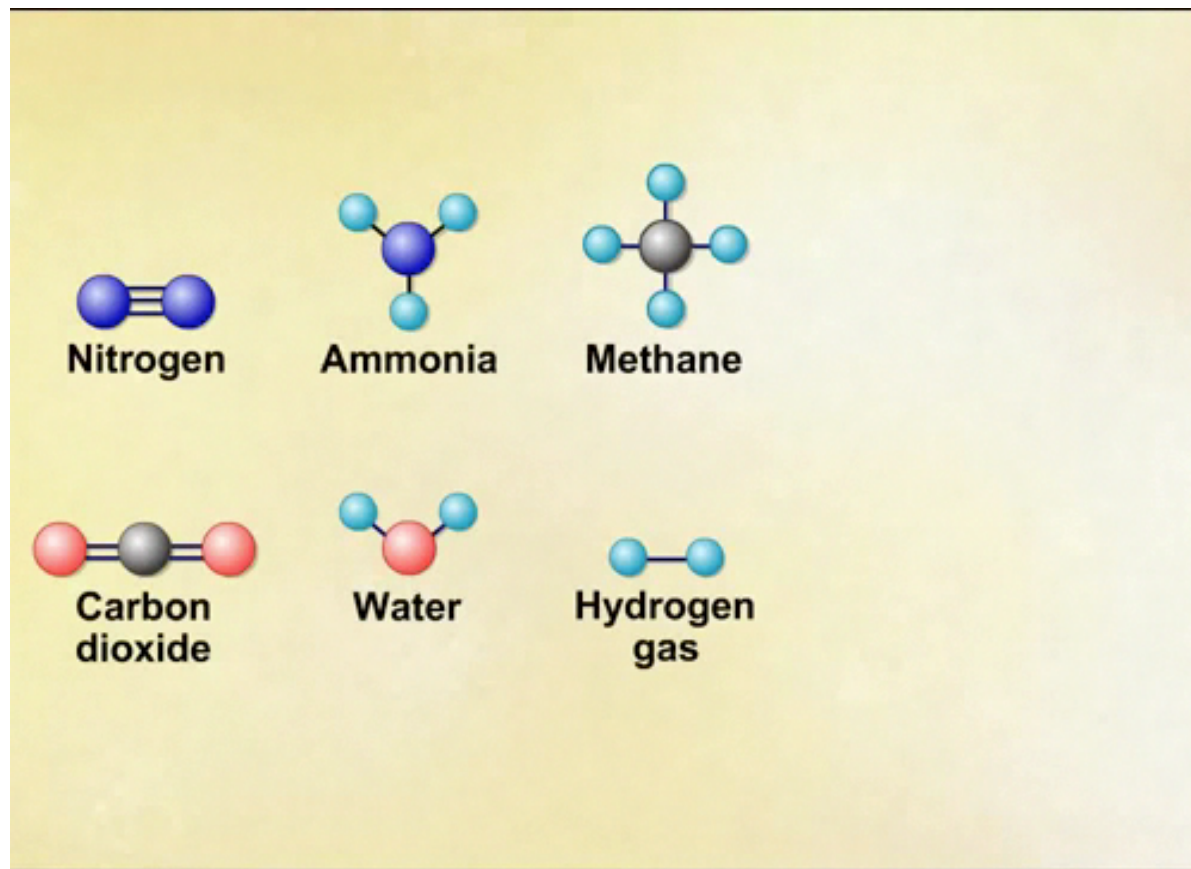
## The Missing Link

Creationists point to a perceived flaw in Darwin's theory of evolution: If humans evolved from apes, then why are apes still around? Darwin's theory postulates that humans shared a common ancestor as apes—we did not directly evolve from apes. Therefore, there is no missing link.

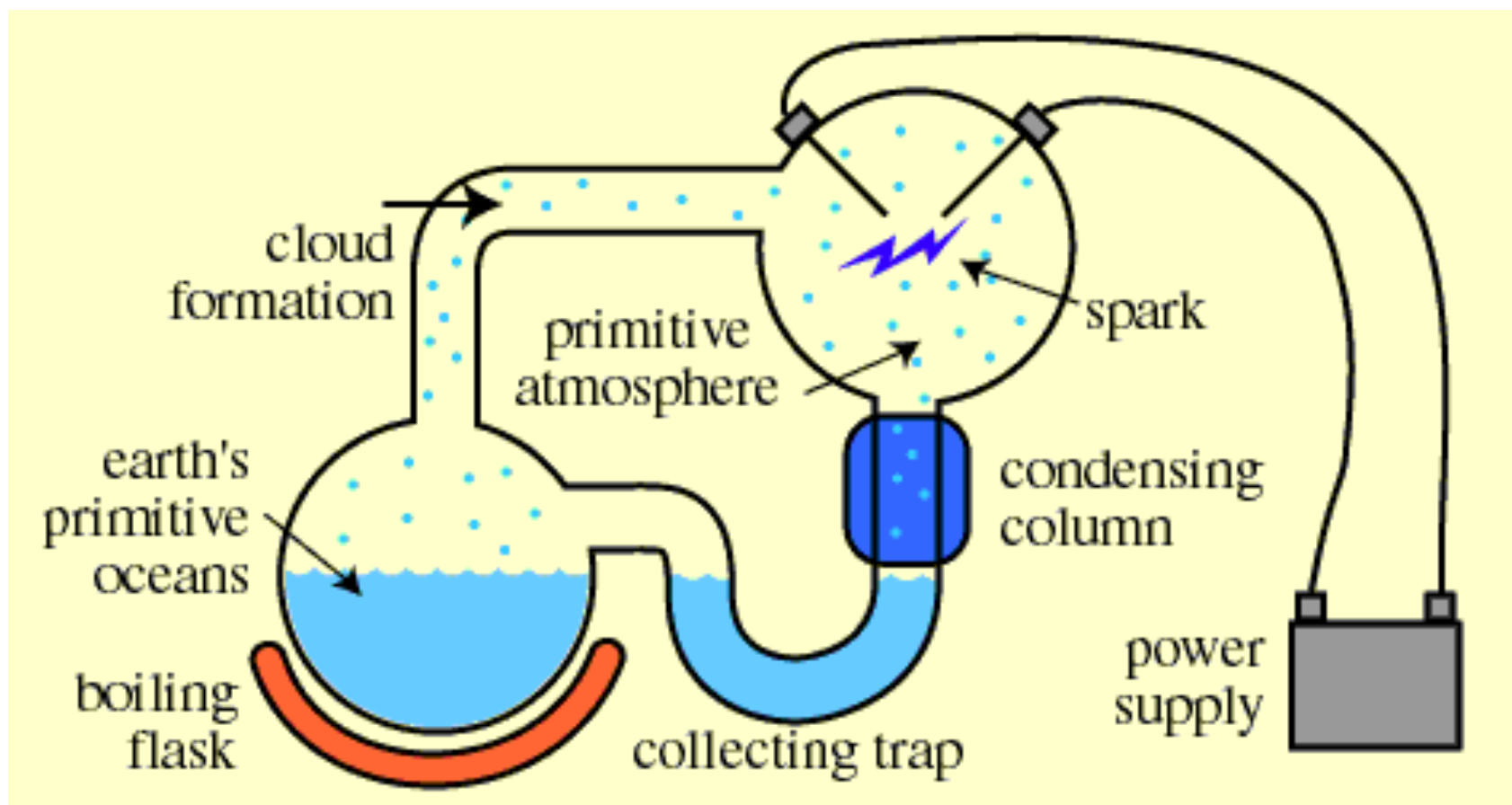
## The God Dilemma

We are infinitesimally small in an unimaginably massive cosmos. If there were a god, it would have to be bigger than unimaginably big to have created the Universe and everything in it. If there were a god in this staggering immensity of existence, who is arrogant or delusional enough to think that god would care for her or him? This god, or intelligent designer, would have to be incomprehensibly powerful and its domain so immeasurably vast, that it would not care what we thought of it either way.

## Video: Urey-Miller Experiment, 1953



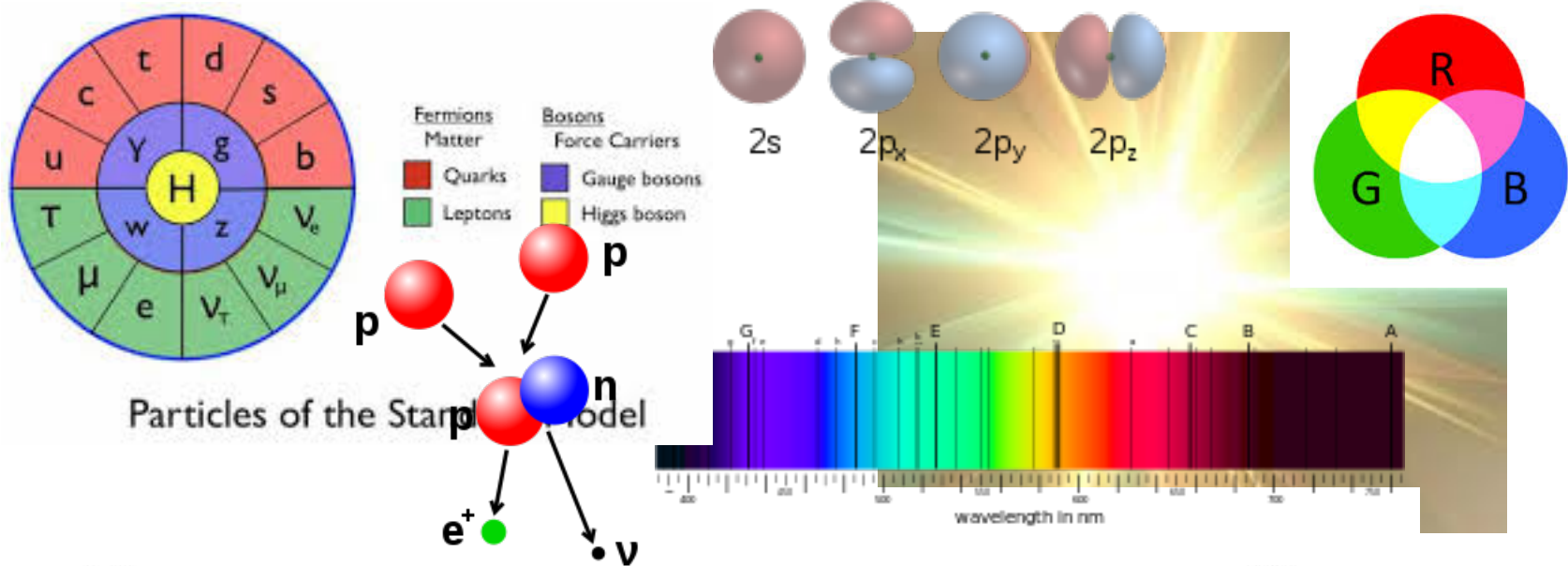
Turning the inorganic into the organic. Video courtesy of Dr. Prodigious HD Animations.











# Periodic Table of the Elements

atomic number  
white text = gas state at 0°C  
chemical symbol  
chemical name  
standard atomic weight  
(lower = upper) bounds  
(lowest) no stable isotopes

Element Categories

actinoids  
alkali metals  
alkaline metals  
other metals  
transition metals  
lanthanoids  
metalloids  
nonmetals  
halogens  
noble gases  
unknown elements

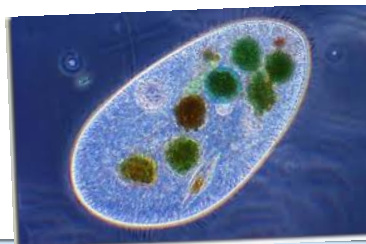
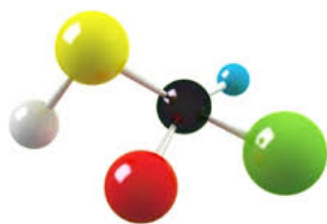
Electron Configuration Blocks

The diagram illustrates the four types of electron configuration blocks: s, p, d, and f. The s-block is shown as a single column on the left. The p-block is shown as a single column on the right. The d-block is shown as a single column in the middle. The f-block is shown as a single column at the bottom, below the d-block.

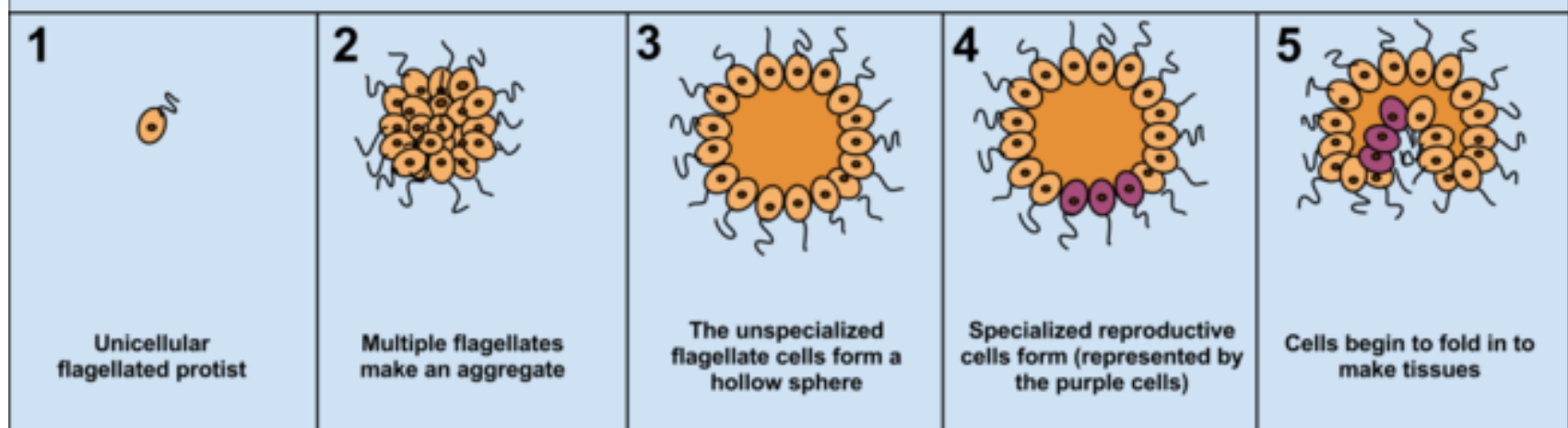
GROUP	1	2																	18
PERIOD	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	
1	1 <b>H</b> hydrogen (1.007 - 1.009)																		2 <b>He</b> helium (4.00)
2	3 <b>Li</b> lithium (6.941 - 6.957)	4 <b>Be</b> beryllium (9.012)																	10 <b>Ne</b> neon (20.18)
3	11 <b>Na</b> sodium (22.99)	12 <b>Mg</b> magnesium (24.31)																	18 <b>Ar</b> argon (39.95)
4	19 <b>K</b> potassium (39.10)	20 <b>Ca</b> calcium (40.08)	21 <b>Sc</b> scandium (44.96)	22 <b>Ti</b> titanium (47.87)	23 <b>V</b> vanadium (50.94)	24 <b>Cr</b> chromium (52.00)	25 <b>Mn</b> manganese (54.94)	26 <b>Fe</b> iron (55.85)	27 <b>Co</b> cobalt (58.93)	28 <b>Ni</b> nickel (58.69)	29 <b>Cu</b> copper (63.55)	30 <b>Zn</b> zinc (65.38)	31 <b>Ga</b> gallium (69.72)	32 <b>Ge</b> germanium (72.63)	33 <b>As</b> arsenic (74.92)	34 <b>Se</b> selenium (78.96)	35 <b>Br</b> bromine (79.90)	36 <b>Kr</b> krypton (83.80)	
5	37 <b>Rb</b> rubidium (85.47)	38 <b>Sr</b> strontium (87.62)	39 <b>Y</b> yttrium (88.91)	40 <b>Zr</b> zirconium (91.22)	41 <b>Nb</b> niobium (92.91)	42 <b>Mo</b> molybdenum (95.94)	43 <b>Tc</b> technetium (98)	44 <b>Ru</b> ruthenium (101.1)	45 <b>Rh</b> rhodium (102.9)	46 <b>Pd</b> palladium (106.4)	47 <b>Ag</b> silver (107.9)	48 <b>Cd</b> cadmium (112.4)	49 <b>In</b> indium (114.8)	50 <b>Sn</b> tin (118.7)	51 <b>Sb</b> antimony (121.8)	52 <b>Te</b> tellurium (127.6)	53 <b>I</b> iodine (126.9)	54 <b>Xe</b> xenon (131.3)	
6	55 <b>Cs</b> cesium (132.9)	56 <b>Ba</b> barium (137.3)	57-71 lanthanoids	72 <b>Hf</b> hafnium (178.5)	73 <b>Ta</b> tantalum (180.9)	74 <b>W</b> tungsten (183.8)	75 <b>Re</b> rhenium (186.2)	76 <b>Os</b> osmium (190.2)	77 <b>Ir</b> iridium (192.2)	78 <b>Pt</b> platinum (195.1)	79 <b>Au</b> gold (197.0)	80 <b>Hg</b> mercury (200.6)	81 <b>Tl</b> thallium (204.4 - 204.4)	82 <b>Pb</b> lead (207.2)	83 <b>Bi</b> bismuth (209.0)	84 <b>Po</b> polonium (209)	85 <b>At</b> astatine (210)	86 <b>Rn</b> radon (222)	
7	87 <b>Fr</b> francium (223)	88 <b>Ra</b> radium (226)	89-103 actinoids	104 <b>Rf</b> rutherfordium (261)	105 <b>Db</b> dubnium (262)	106 <b>Sg</b> seaborgium (266)	107 <b>Bh</b> bohrium (264)	108 <b>Hs</b> hassium (277)	109 <b>Mt</b> meitnerium (268)	110 <b>Ds</b> darmstadtium (271)	111 <b>Rg</b> roentgenium (272)	112 <b>Cn</b> copernicium (285)	113 <b>Uut</b> ununtrium (284)	114 <b>Uuq</b> ununquadium (289)	115 <b>Uup</b> ununpentium (288)	116 <b>Uuh</b> ununhexium (292)	117 <b>Uus</b> ununseptium (294)	118 <b>Uuo</b> ununoctium (294)	

Natural Occurrence: ☐ primordial, ☐ from decay, ☐ synthetic

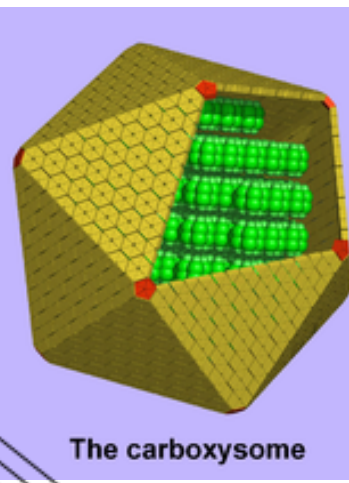
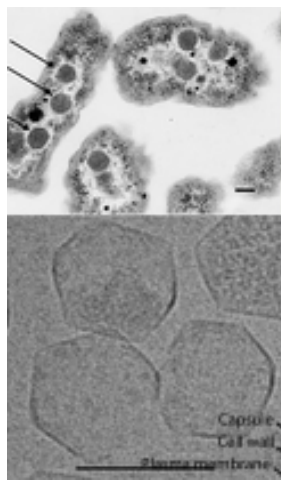
57 La	58 Ce	59 Pr	60 Nd	61 Pm	62 Sm	63 Eu	64 Gd	65 Tb	66 Dy	67 Ho	68 Er	69 Tm	70 Yb	71 Lu
89 Ac	90 Th	91 Pa	92 U	93 Np	94 Pu	95 Am	96 Cm	97 Bk	98 Cf	99 Es	100 Fm	101 Md	102 No	103 Lr



### Colonial Flagellate Hypothesis

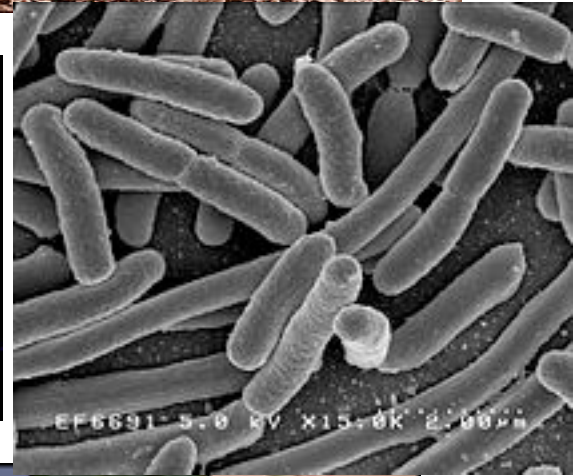
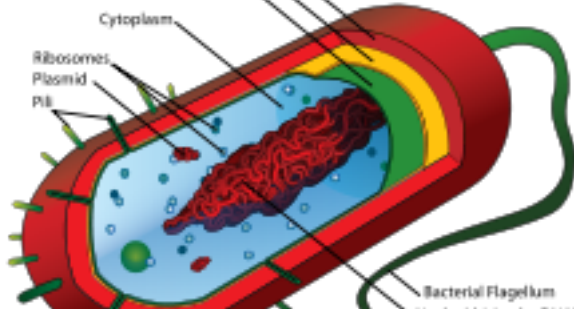




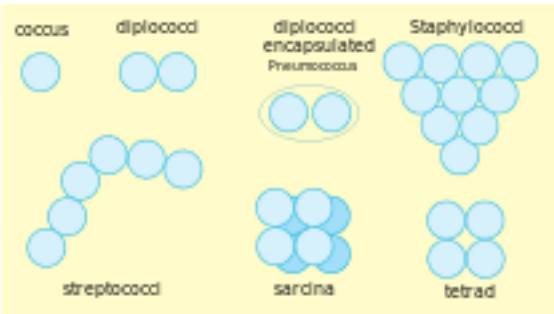


Enzymes and shell proteins

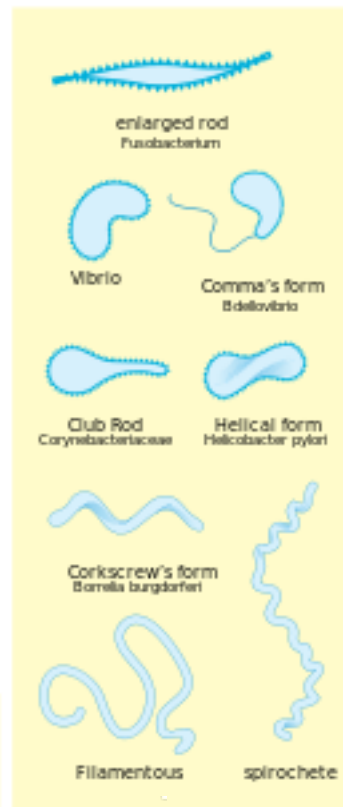
RuBisCO



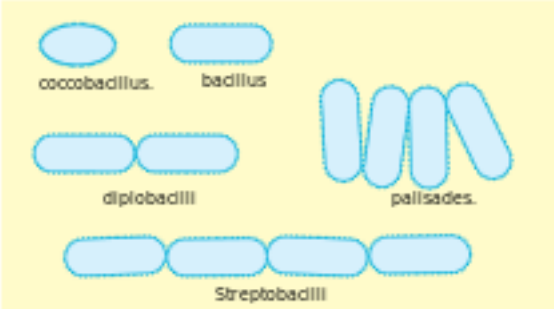
Cocci



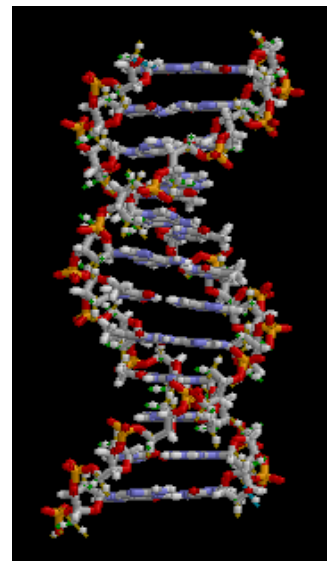
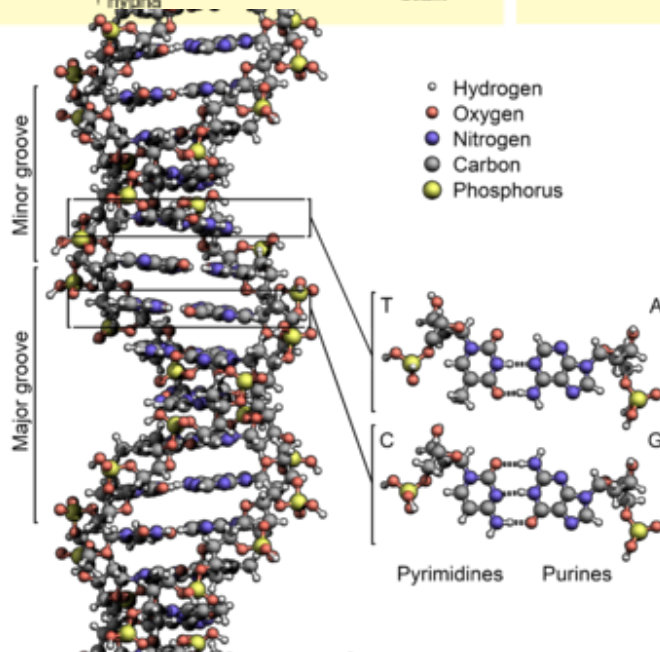
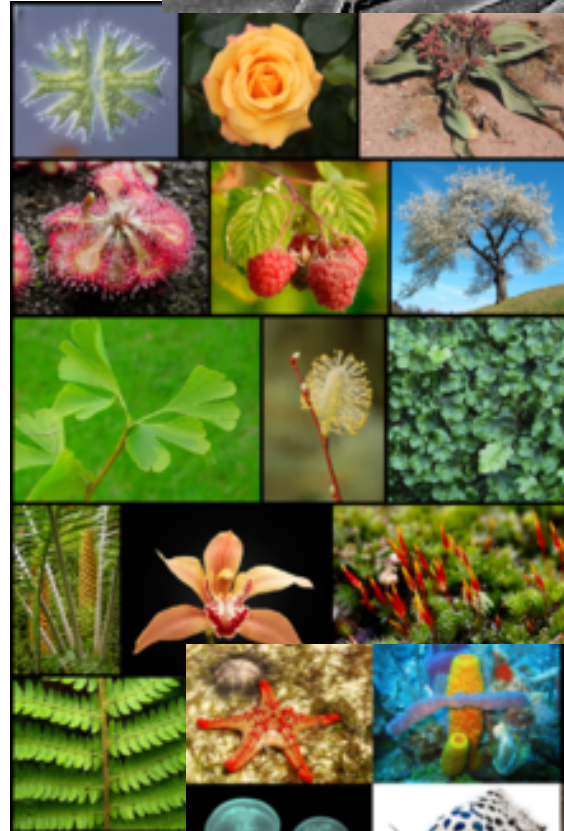
Others



Bacilli



Budding and appendaged bacteria







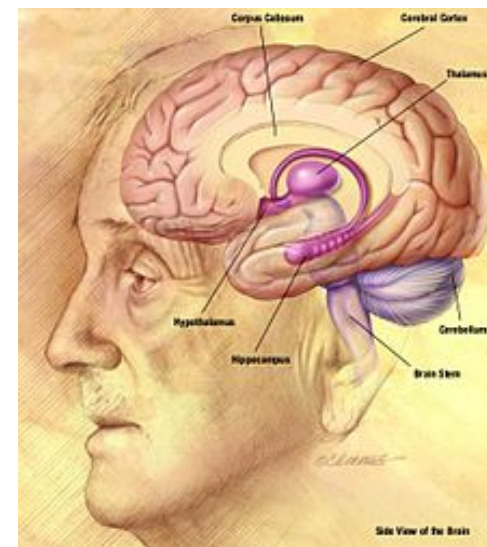
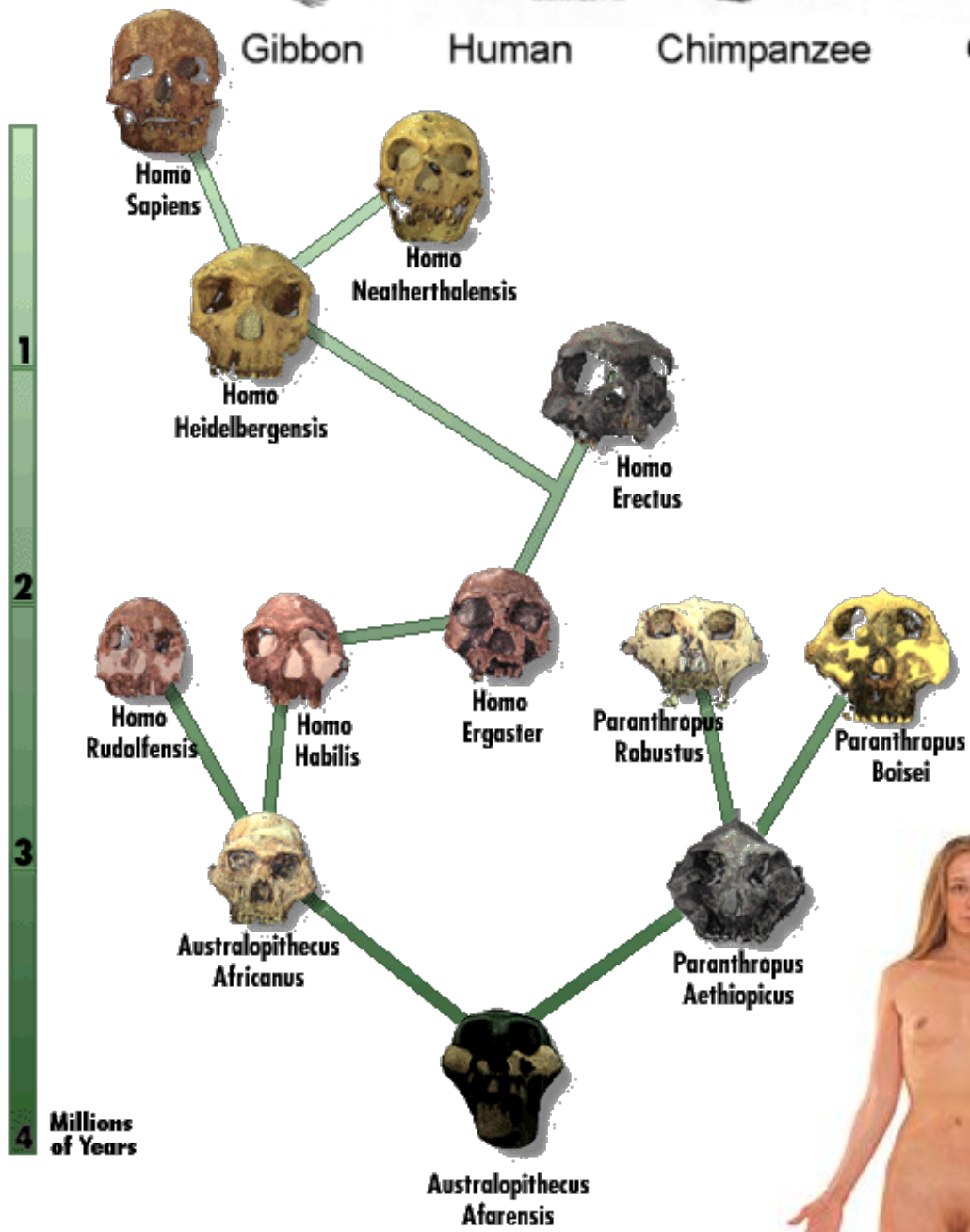
Gibbon

Human

Chimpanzee

Gorilla

Orangutan



## THE PALE BLUE DOT

Our planet is a lonely speck in the great  
enveloping cosmic dark...

Consider again that dot.

That's here.

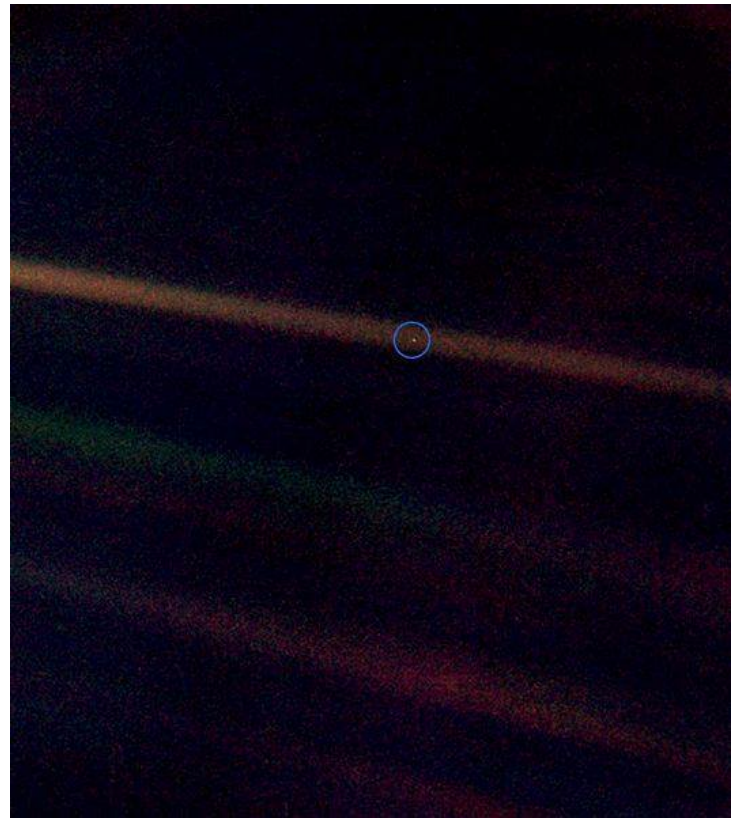
That's home.

That's us.

On it everyone you love,  
everyone you know,  
everyone you ever heard of,  
every human being who ever was,  
lived out their lives.

The aggregate of our joy and suffering,  
thousands of confident religions, ideologies, and economic doctrines,  
every hunter and forager,  
every hero and coward,  
every creator and destroyer of civilization,  
every king and peasant,  
every young couple in love,  
every mother and father, hopeful child, inventor and explorer,  
every teacher of morals,  
every corrupt politician,  
every "superstar,"  
every "supreme leader,"  
every saint and sinner in the history of our species lived there—

on a mote of dust suspended in a sunbeam.



Think of the rivers of blood spilled by all those generals and emperors so that in glory and triumph they could become the momentary masters of a fraction of a dot.

Think of the endless cruelties visited by the inhabitants of one corner of this pixel on the scarcely distinguishable inhabitants of some other corner.

How frequent their misunderstandings, how eager they are to kill one another, how fervent their hatreds.

Our posturings, our imagined self-importance, the delusion that we have some privileged position in the universe, are challenged by this point of pale light.

Our planet is a lonely speck in the great enveloping cosmic dark.

In our obscurity—in all this vastness—there is no hint that help will come from elsewhere to save us from ourselves.

The Earth is the only world known, so far, to harbor life. There is nowhere else, at least in the near future, to which our species could migrate. Visit, yes. Settle, not yet. Like it or not, for the moment,

the Earth is where we make our stand.



**Carl Sagan**

# HUMANITY

## NATURALOPY

### CELEBRATING HUMANITY

Nature favours diversity to ensure the propagation of her creations; Humanity would be wise to also favour diversity when adopting knowledge. Although diverse and in silos, the foundation for our moral guidelines and belief system have been formulated by Humans before us and those still with us. There is no need to attribute to the gods what Humanity has accomplished. The Sumerians, Babylonians, Persians, Greeks, Egyptians, Romans, Mayans, and other great civilizations of the past once believed in gods. However, their faith did not save their civilizations.

If we are to co-exist, live peacefully, and advance together as a species, we need to abandon our gods, because fables and science are incompatible.

Since time immemorial, our ancestors have conjured ingenious myths and fables to explain the six primary metaphysical questions of existence (the BIG questions):

- Where did we come from?
- What is our purpose in life?
- Why do bad things happen to us?
- Is there a god?
- Are we alone in the Universe?
- What happens to us after we die?

Independently, for millennia, in different continents of the world, small groups of men congregated and concluded that humans could not adequately answer these existential



questions. Therefore, due to our ancestors's limited knowledge of the physical world at the time, they used their brilliant imagination. The answers to these pressing questions were deferred to a higher power, an omnipotent figure or a group of them—god or gods. Within each region of the world, ideas were borrowed and passed down from one religion to another, and as a result of empire building, several religions crossed continents and became pervasive in daily life.

As we are still witnessing, due to perpetual conflict, religion is extremely intrusive and problematic on a global scale. The Jews are still fighting Muslims in Israel-Palestine; Jews and Christians are often at loggerheads; Muslim sects are fighting each other throughout the Middle East; Christians are occupying Muslim countries; and Muslims are persecuting Christians in certain parts of the Middle East. It's a quagmire of hate, and this pattern of hate continues despite the fact that Christianity, Judaism, and Islam are all Abrahamic religions—they share the same root. Each one espouses peace as a central tenet of its religion, but we know it is very different in practice.

The inconsistencies, contradictions, and absurdities of every major religion are so glaring and abundant that it would take an encyclopedia to distill, and even chaff.

## Three Religions, One Root, Dozens of Denominations, Countless Interpretations...In Perpetual conflict

First, take the Christians. The Christians believe in the Old Testament and the New Testament bibles, but do not believe in the Torah (Jewish holy book) or Quran (Muslim holy book). Christians believe that Jesus Christ is the Son of God sent by god himself to deliver men from their sins. In the Holy Trinity (conceptualized by Theophilus of Antioch, 412 AD.), Christians believe Jesus Christ is the Son of God, the Holy Spirit, and God himself—a 3 for 1 special. The Christian Holy Bible has been translated and re-interpreted several dozen times; therefore, no one knows how different it really is from the original text, if one did exist.

The Christians have been been waiting for over 2,000 years for the second coming of their prophet, Jesus Christ.

500 AD: The Kingdom of Heaven is upon us.

1000 AD: The Kingdom of Heaven is upon us.

1500 AD: The Kingdom of Heaven is upon us.

2000 AD: The Kingdom of Heaven is upon us.

The Kingdom of Heaven is never upon us, for one strange reason or another.

Second, take the Jews. The Jews believe in the Old Testament and the Torah, but not the New Testament nor the Quran nor Jesus Christ. The Jews believe Jesus Christ and Muhammad were false prophets. The Jews also believe that they are the Chosen People of god and have been waiting over 5,000 years for their Messiah to appear on Earth. For reasons not generally agreed upon, the Jews have been the most persecuted people in all of Humanity.

Third, take the Muslims. The Muslims believe in every Abrahamic holy book: Old Testament, New Testament (Holy Bible), Torah, and especially Islam's Quran. They also believe in all the Abrahamic prophets and messengers, such as Noah, Moses, Daniel, Elijah, Jesus Christ, and particularly Muhammad. Muslims believe that Muhammed was a prophet and a Messenger of God. Essentially, the Islamic religion is based on the account of one man who claimed he had received the words and will of god through the angel Gabriel. This is religious nuttury at its finest.

The religious madness continues when all the sects (movements, denominations) of each major religion are taken into consideration. The confusion and obfuscation are endless since each group has subgroups (branches) with their own interpretation of the "holy" scriptures. As examples:

Christianity: Catholic, Orthodox, Lutheran, Anglican, Mormon, Jehovah's Witness, Protestant, and so on.

Judaism: Orthodox, Conservative, Reform, Reconstructional, Hasidism, Kabbalah, and so on.

Islam: Ahmadiyya, Ibadi, Shia, Sufism, Sunni, Wahhabi, Nation of Islam, and so on.

If the word of god is final, then why is it so different? And why are there so many of them? And why do they utterly contradict each other? If we just skim the surface of religion, it would be reasonable to conclude that religion was created like TV channels:

at some point a group felt their interests were not being represented and decided to create a new channel (branch, denomination, sect, group). In this new channel, they concocted whatever they needed in order to attract and appease followers. As long as the sheep watched one channel, everything made sense, and considered divine and brilliant. However, as soon as the followers switched channels (self-education), nothing made sense anymore. There were inconsistencies, absurdities, and bull manure—piles and piles of it. Is it any wonder that the phrase “holy shit” is a cultural lexicon? However, we should applaud our ancestors for having wove brilliantly imaginative stories to explain the nature of existence.

Despite advances in communication, technology, education, and science, the moral guidelines and belief systems of most humans are still grounded in myths and fables. Like children reading fairy tale stories, these religious adherents believe *their* magical wizard exists. They cling to the absurd notion that their magical wizard has chosen them as its favourite children, to the exclusion of others—religion divides, Humanity unites. For these reasons, much of the strife and suffering in the world can be attributed to the divisive nature of religion.

Atavistic: characterized by reversion to something ancient or ancestral;  
of a throwback or exhibiting primitivism.

Those who seek comfort in religion have an atavistic worldview—they hold onto the past because the present and future may be unpleasant for them, or they refuse to face the present and future. They refuse to let go and become objective in their worldview.

Religion: When we don't understand how the world works, make it up.

A sore point among the scientific community is that Abrahamic religions still teach their followers that the Universe and Earth were created 6,000 - 10,000 years ago by god, despite overwhelming scientific evidence against the assertion. Science has shown, using radiometric dating, geological stratigraphy, and helioseismic dating, that the Earth is roughly 4.55 billion years old. However, the generally accepted number among Christians is 6,000, and that figure was derived from counting successive generations since Adam and Eve in the Old Testament.

Miseducation is more dangerous than uneducation.

# The Six Existential Questions of Life

There is ample, if not conclusive, evidence to support the theory of abiogenesis. In 1953, scientists Stanley Miller and Howard Urey demonstrated the process in which inorganic molecules mutated to complex organic molecules (amino acids, carbohydrates, nucleic acids) roughly 3.5 billion years ago, paving the way for biological life on Earth.

In 1956, using uranium-lead dating and lead-lead dating methods, geochemist Clair Patterson calculated that the Earth was roughly 4.55 billion years old. Even today, Dr. Patterson's estimate is considered accurate within 20-70 million years.

Recently, scientists have re-enacted the creation of our Universe, the Big Bang, in laboratories, particle accelerators, and computer simulations. The data from scientists working independently around the world places our Universe at roughly 13.7 billion years old. We also know from Nagasaki and Hiroshima that when an atom, invisible to the eyes, is split, it releases enough energy to start a chain reaction powerful enough to destroy a city. From these World War II events and our knowledge that mass and energy are interchangeable, we know that something infinitesimally small has the potential to become massively big under the right conditions—this is the awesome power of Nature.

The truth and answers to life are found in science and education, not in religion. Religion hampers our perspective and understanding of the world. Religion is miseducation. A devout religious person loses precious time; first by miseducation, then by re-education.

Let us ponder the primary existential questions of life, without involving religion.

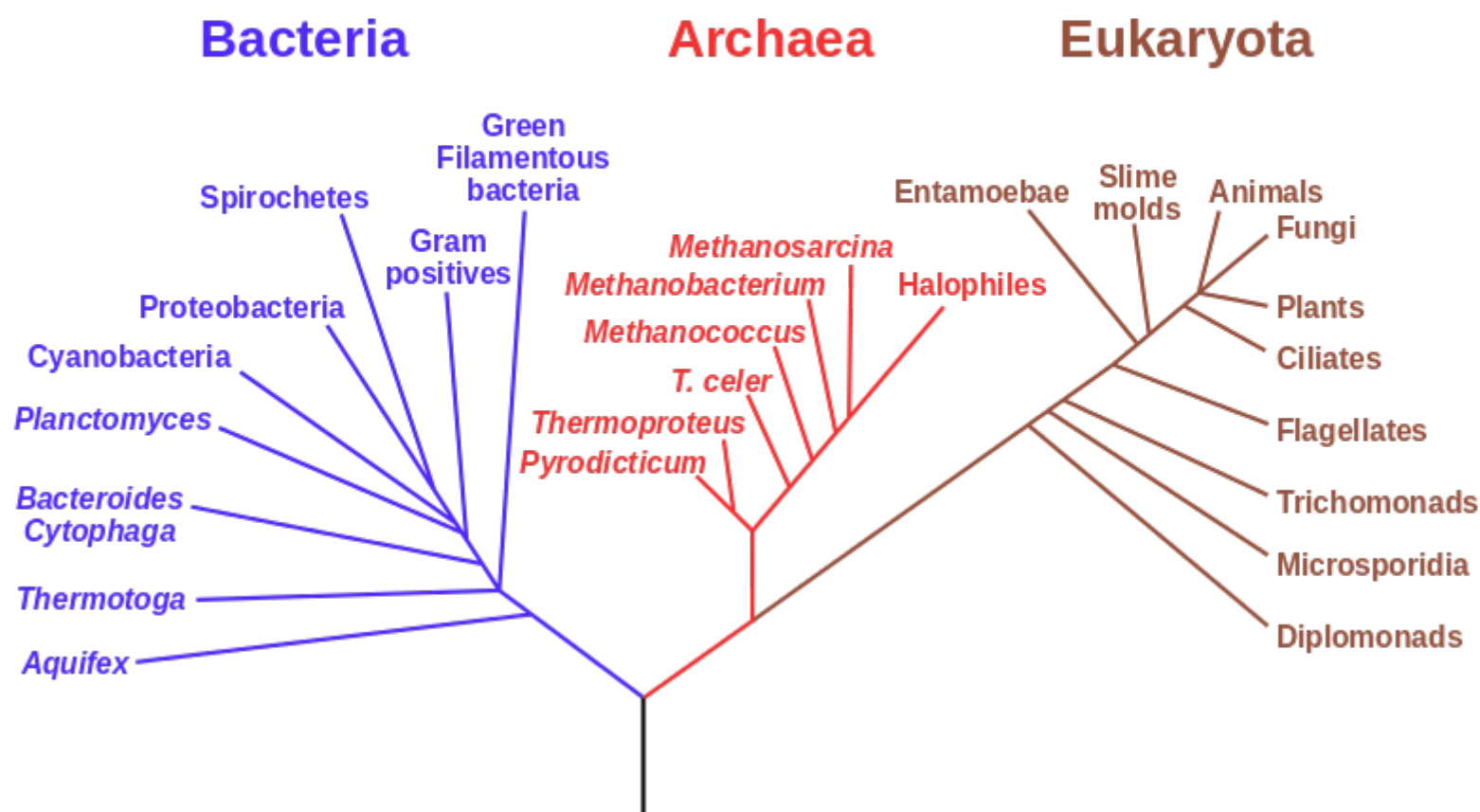
- Where did we come from?
- What is our purpose in life?
- Why do bad things happen to us?
- Is there a god?
- Are we alone in the Universe?
- What happens to us after we die?

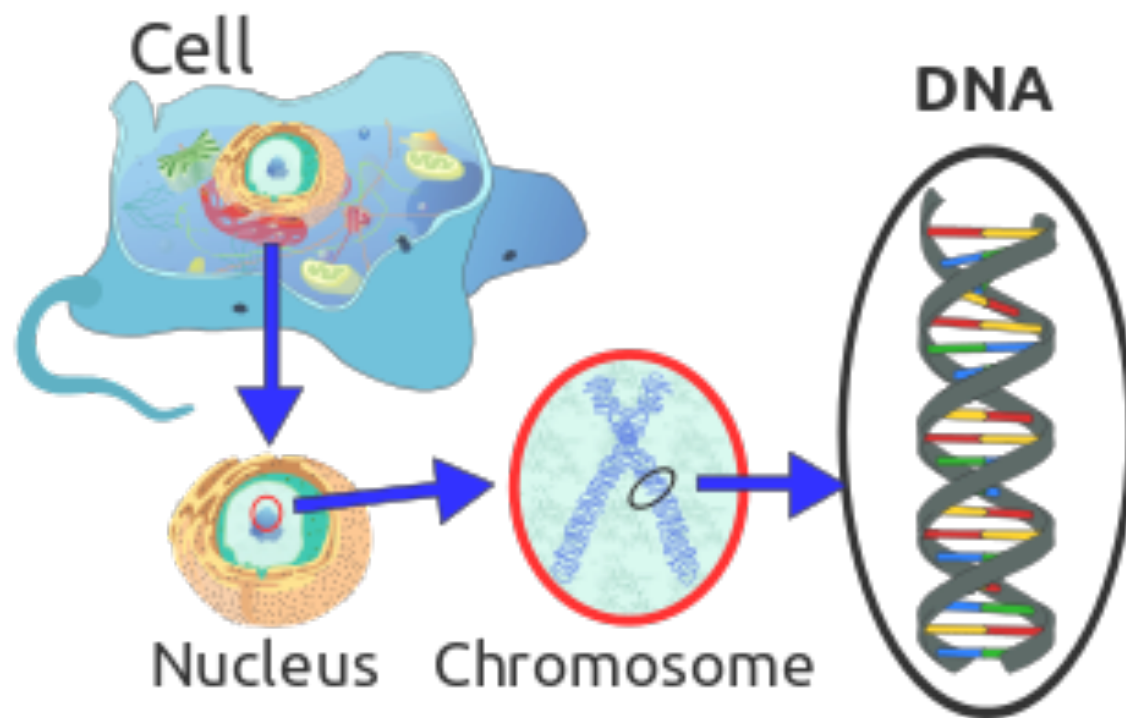
# 1. Where Did We Come From?

We are all powerful and extraordinary, for we were birthed by the stars. Nature created us through roughly 4.55 billion years of experimentation: from atoms; to chemical elements; to inorganic molecules; to complex-organic molecules; to single-celled organisms; to multicellular organisms of microbes and bacteria; to invertebrates, amphibians, fishes, reptiles, birds, and mammals; then the grand prize of evolution: Homo Sapiens, a thinking and reasoning animal atop the food chain, capable of the greatest vices and virtues.

We are constructed of the same elements as those in the stars: hydrogen, helium, oxygen, carbon, nitrogen, silicon, magnesium, neon, iron, and sulfur. The differences between the elements in our body and those in the Sun are the quantity, ratio, arrangement, and complexity—the fusion of the Sun’s lighter elements created heavier elements, then complex molecules in our body. This fact can be verified with electron microscopes, chemical analysis of our cells, spectral analysis, and carbon dating. We share a common ancestor with every living thing on this planet—the spiritualists knew this without requiring scientific evidence when they stated that “everything is connected to everything else.”

## Phylogenetic Tree of Life





The average human body is comprised of roughly 100 trillion cells, each evolved over 3.5 billion years to perform a special function in a specific organ. Contrary to popular belief, humans did not evolve from apes—we share a common ancestor with them, just like we share a common ancestry with a butterfly, tree, lion, flower, and every organism on this Earth. Therefore, there is no “missing link” in Charles Darwin’s theory of evolution.

Whether biological life began on Earth in the ashes of underwater volcanoes or bacteria from asteroids (meteors) or on the surface of oceans, it began very small as microbes, then amalgamated and evolved from there to bigger organisms.



## 2. What Is Our Purpose In Life?

At the universal level, there is a shared baseline for the purpose of life: eat well, sleep well, mingle well, work well, and enjoy life. Every single study on happiness has shown that our connection to our community is one of the most—many times the most—important factor in how happy we are. Our contribution to our community and connection to Nature form the foundation of happiness and purpose.

At the individual level, the purpose of life is different from person to person. That is, the meaning of life varies depending on the person. It has been said that when we find our passion, we find our purpose. However, history has shown that the most purposeful and remembered lives are those who served Humanity—those who lit the path with glowing lights to show others the way. Their spirits are in this book.

The people who have found their purpose in life share some traits: they went through periods of trial and error before finally deciding what they were good at; they had failed before they succeeded; they enjoy what they do; they feel no need to defend what they do; they view what they do as a passion, not as work or a career; they feel what they do makes a difference in the lives of others; and they give back to their community.

If each and every day of our life, we do something productive that fills our waking hours, that is purpose enough. It will leave the world a better place than we found it.

As Ralph Waldo Emerson wrote, “The purpose of life is not to find yourself, but to *create* yourself.”

The meaning and purpose of life are covered more in depth in Precept 7: Purpose.



### 3. Why Do Bad Things Happen To Us?

Bad things happen to us for the same reason good things happen to us: the choices we make. The choices we make in life are cumulative and eventually end in consequence. When we made bad decisions, we were either ignorant of the repercussion or had a subconscious desire for the outcome. Summarily, good or bad things happen according to karma—the law of cause and effect. What goes around, comes around.

Of course there are exceptions to this karmic balance; two notable exceptions are natural disasters and children. When children, vulnerable and impressionable, are inflicted with suffering or evil, it is because they are dependent on their parents or caretakers, thus the child's karma is inherited. Or in reverse, parents are punished through the suffering of their children. Just like children who benefit from their parents's skillful deeds, so do children suffer from their parents's unskillful deeds. Our deeds affect us and those we care about. Only when children become emotionally independent and self-sufficient are they responsible for their own karma.

We reap what we sow.

## 4. Is There A God?

No.

At least not the ones that have been fabricated by humans. Gods have come and gone throughout history, just like the fideist civilizations that worshipped them.

Fideism: The doctrine that religion is the basis of all knowledge; that faith is independent of reason.

Religion has nothing to do with morality and science. We can have morality without religion; we can attain spirituality without priests, rabbis, or imams. We can explain and even predict natural phenomena without the aid of an intelligent designer. We understand how the world works without religious textbooks. We have discovered our origin without faith. We can accurately describe how the cosmos works without a god in it.

If a person does not know right from wrong, then they lack morality. They do not lack religion.

If a person does not understand how the world works, then they lack self-education. They do not lack religion. They have not been enlightened.

If we study history, we know that the Sumerians, Egyptians, Greeks, Romans, East Indians, Mayans, and every small and large civilization in-between believed in gods at one time or another. They did this for hundreds and even thousands of years. However, gods were created by our ancestors in an attempt to answer existential questions and explain natural phenomena.

- What caused lightening and thunder? God was angry.
- Was a comet a good omen or bad omen? Ask the fortune teller.
- What did a earthquake foretell? The end of the world.
- Why did it rain? Some god in the sky was sad and crying.
- Why did the seasons change? The harvest goddess's daughter was kidnapped and the daughter had to spend six months in hell, this made the goddess sad and

gloomy, therefore winter; when her daughter was returned for six months, the goddess was in a sunny disposition, therefore summer.

- What did the planets, stars, and other celestial bodies represent? Gods and goddesses.

Religion begins where knowledge ends.

Now, let's scrutinize religion from a modern perspective.

- Did Moses really talk to a burning bush on a mountaintop that was supposedly god?
- Did Noah really save civilization and all the animals on his big boat (arc)?
- Was Jesus really the child of a virgin mother; and he walked on water, and arose from the dead?
- Did Muhammad really receive the will of god through an angel?

Unfortunately, there are billions of people who still believe religious nonsense. They have fought, still do fight, and will fight each other to the death for their outdated religious beliefs. Witness the Christian Crusade, the Muslim Jihad, and the Jewish Protocols of the Elders of Zion (if it's to be believed as authentic). Three religions with supposedly one god, and in practice they can't even agree on the basic principles of that one god, hence the perpetual conflicts. The god question is, "Whose god?"

We are the most advanced civilization that Earth has ever harbored. Despite this fact, there are hundreds of millions of people who lack the fundamental principles of basic science. In a 2014 survey by the U.S. National Science Foundation, 26% of Americans thought the Sun revolved around the Earth; similarly, 34% of Europeans thought the same thing. In addition, 52% of Americans were unaware that humans evolved from earlier species of animals. The fact that the Earth revolves around the Sun was settled by Nicolaus Copernicus in the 16th century, but was suppressed by the Catholic Church. Similarly, the theory of evolution by Charles Darwin is being perverted and suppressed to this very day by devout Christians, Jews, and Muslims. Now, if the U.S. and Europe are considered First World, how much hope of enlightenment is there in Developing and Third World countries that are steeped in religion?

## A Brief History of Religion

A religion becomes dominant when it is adopted by the elite and ruler. It's a top-down adoption and expansion pattern, and those who blindly follow are considered "sheep" by the enlightened. This herd mentality, blind faith, follow-the-leader, peer pressure, mob rule, or by any other name is true of the Christian, Jewish, and Muslim faiths.

First, examine Christianity, which was an illegal and persecuted cult for centuries throughout the Roman Empire. However, this cult became fashionable when Roman Emperor Constantine I adopted it as his official religion and instituted it in the First Council of Nicaea in 325 AD. From there, Christianity "borrowed" most ideas for Jesus Christ's divinity from the Pagans and Egyptians: birth from a virgin mother, rise after three days of death, Christmas for Winter Solstice, the son of god, the bringer of light, and so on. The Christian faith is a mashup of other faiths. Not surprisingly, there are now scholars who doubt if Jesus Christ had existed at all. If these scholars are right, then Jesus Christ was a fictional character. If Jesus did exist, he might have been a spiritual teacher or philosopher who was lionized and exaggerated by the Creed of Nicaea and subsequent ecumenical councils of Nicaea.

We know from history that Jesus Christ's godly features were fabricated to make him more appealing to the commoners. In truth, Jesus Christ was a product manufactured by the apostles of Nicaea, the predecessors to the priests of the Roman Catholic Church. As we note from history, Jesus was not considered divine until three hundred years after his supposed birth, when it was convenient for the ruling authority. Since the First Council of Nicaea in 325 AD, and largely thanks to the largesse of Emperor Constantine I, Christianity had spread with the Roman Empire. However, the Roman Empire has long since collapsed, but the Holy Roman Empire is alive and well in the Roman Catholic Church—the Pope has replaced the Emperor. The largest landowner in the world today is the Roman Catholic Church (the Vatican). There is much more to Christianity than religion.

Second, examine Judaism. It is believed that most Jews today are not descendants of the original Semites of the Middle East, but they are converts of European and Turkic heritage (Khazarian Empire theory, 618 - 1048 AD). Nowadays, to label someone a Jew is ambiguous. The Jews could be identified as a race who shared a common ancestry in Judea (Palestine), as the Romans called it. Or the Jews could be identified as a religious group who have adopted Judaism. Since 250 AD, the Jews have been ex-

pelled about 109 times from territories and nations in which they had inhabited—the two most prominent are the Spanish Inquisition (1492) and the World War II Holocaust (1939 - 1944). The Jews have also been victims of numerous edicts and pogroms. Whether they were considered subversive, as scapegoats, or just generally disliked for their belief that they were the Chosen People of God, the Jews as a group have suffered much throughout history. As religious hogwash goes, if god loved the Jews so much that he made them the Chosen People, he would have made more of them, like the 1.1 billion East Indians or the 1.3 billion Chinese. And god certainly would not have created the Israelites to be dependent on the generosity of American taxpayers.

Third, examine Islam, which is the youngest of the three major religions today. Islam came about when Muhammad (Abū al-Qāsim Muḥammad ibn ‘Abd Allāh ibn ‘Abd al-Muṭṭalib ibn Hāshim, 570 - 632 AD) had a series of “divine” revelations. He claimed that the angel Gabriel had revealed to him the words of god. These revelations were recorded in what is now the Muslim holy book, the Quran. When the sheiks and kings of many Arabian tribes adopted Muhammad’s teachings, their followers became Muslim adherents. The word “Muslim” means he who submits to god, or the will of god. In whole, the Muslim faith is based entirely on the account of one man, a businessman no less, who claimed an angel had spoken to him, and that this angel had revealed to him the will of god. If anyone made that claim today they would be locked up in a psychiatric ward and the key thrown away. Destructive Muslim concepts such as infidels, Sharia Laws, fatwa, and jihad are familiar to non-Muslims. The Quran appears to be a book of fiction written by a man similar to the one who founded Scientology, Ron L. Hubbard. Humanity could face another Dark Age if Islam is spread unchecked. Islam is a backward religion, nothing in it agrees with reason, science, and especially basic human rights.

The three major religions have their root in the Middle East. Today, the region of the Earth that is constantly at war is the Middle East—people with the same ancestry killing each other because they belong to different sects or branches of the same religion. That is Karma on display. If left unrestrained, these religious numbskulls will continue to kill each other to establish nations governed by religious laws (read: theocratic societies, outdated, backward, irrational, oppressive, tyrannical).

Religion was, and is still, used to control people, not enlighten them; religion is the dumbing down of Humanity's potential, because religion is arbitrary and subjective. It is science that enlightens and reason that establishes the principles of morality. If we are to seriously enquire about god, we need to ask questions that we have no answers to.

- Who created god?
- Does god exist in the form of mass, energy, or both?
- Why has the voice or image of god never been heard or seen by a group of people? It's always unverifiable stories from a lone nut in the wilderness.

We've mapped the Earth, the solar system, part of the Milky Way galaxy, and have begun creating a 3-dimensional map of the Universe—where does god reside? If the answer is “everywhere”, that is Nature. Nature exists everywhere.

Religious fanatics like to challenge the agnostic or atheist with, “If you don't believe in god, then what do you believe in?”

A good place to start would be to believe in universal knowledge, collective wisdom, and spirituality. Humanity. Nature. Science.

**If you need to believe in someone, believe in yourself.**



## 5. Are We Alone In The Universe?

Most unlikely. There are an estimated 100-400 billion stars in a galaxy and 100 billion galaxies in the Universe, and these estimates keep increasing as new discoveries are made. Mathematically, according to the theory of chaos and the Frank Drake equation, there are millions of lifeforms in the Universe and probably thousands with our intellectual capacity, and some even exceeding our intellectual capacity. The primordial soup of elements that kickstarted life on Earth is a mathematical reality in millions of other solar systems in the cosmos.

Abiogenesis: The original evolution of life or living organisms from inorganic or inanimate substances.

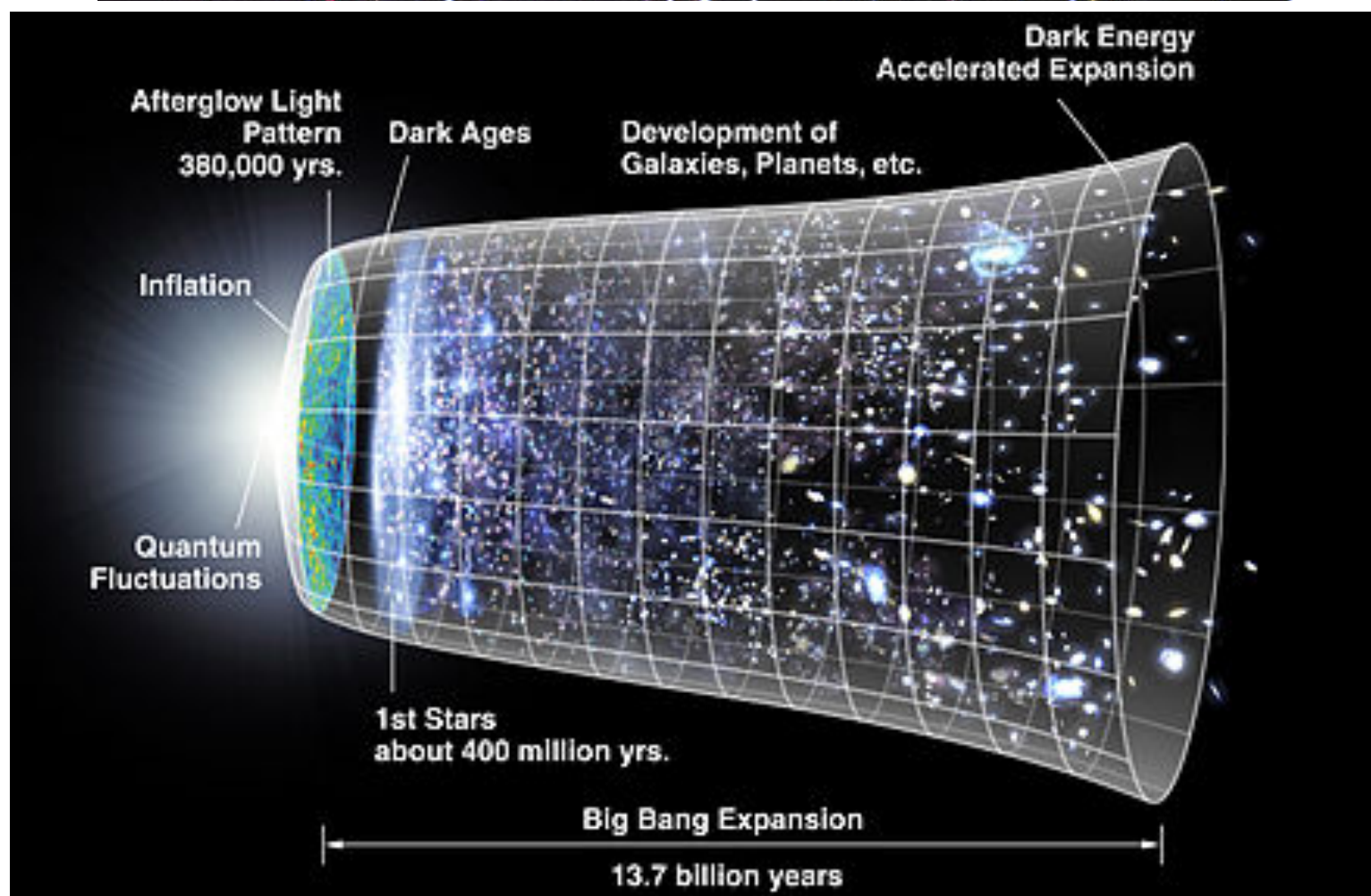
The process of abiogenesis that occurred on Earth, based on mathematical probabilities alone, is repeatable on other planets: atoms forged into light elements, light elements fused into heavier elements in the Sun, then a primordial soup of elements that meshed into inorganic molecules, then electrified and energized to form organic molecules, then prokaryote cells (cells with no nucleus), then eukaryote cells (cells with a nucleus capable of passing on genetic information), to multicellular organisms, to microbes and bacteria, then various species of amphibians, birds, arthropods, reptiles, and mammals. We are the product of Nature's experiment and patience, and Her laws permeate the cosmos. As Michael Faraday put it, "Nothing is too wonderful to be true, if it be consistent with the laws of nature."

Furthermore, according to String Theory, our Universe may only be one of many universes in a multiverse.

Our Universe is roughly 13.7 billion years old. The Earth is approximately 4.55 billion years old and not 6,000 - 10,000 according to Christian (Bible), Jewish (Torah), and Muslim (Quran) textbooks. Christianity, Judaism, and Islam are Abrahamic religions—they share the same root and believe that life originated in a corner of the Middle East 6,000 - 10,000 years ago through Creationism. Furthermore, peace is supposed to be a central tenet of these religions but they have been locked in perpetual conflict with no end in sight.

Our spiral Milky Way Galaxy (top) and Universe (bottom).

We are infinitesimally small in the cosmos. We do not need religion to divide us even smaller.



## 6.What Happens To Us After We Die?

There is an afterlife. We know this from observation. However, there is no evidence supporting the notion of heaven and hell as places of reward and damnation in the afterlife. Our afterlife resides in the memories of those we leave behind. Think of all the great people throughout history who are still with us in spirit because they touched our lives—their souls are their Afterlife. Whether our soul becomes famous or infamous, praised or condemned, admired or damned in the afterlife depends on whether we performed good or evil while we lived.

The good that we do will be remembered after we die—the greater the deeds, the longer the afterlife. Our essence lives on through loved ones and service to Humanity.

Throughout this book, we've met the afterlives of many great people who have enlightened us and shown us the path.

The cycle of life as designed by Nature is: birth and death, birth and death, ad infinitum...When something dies, its energy gives birth to another entity in the cosmos.

# Life With Nature In The Cosmos

In summary, the 6 Big Questions of life are:

- Where did we come from?
- What is our purpose in life?
- Why do bad things happen to us?
- Is there a god?
- Are we alone in the Universe?
- What happens to us after we die?

If the first question can be answered with empirical evidence and by the process of elimination, then the answer to, “Is there a god?”, should be self-evident.

## The God Dilemma

We are infinitesimally small in an unimaginably massive cosmos. If there were a god, it would have to be bigger than unimaginably big to have created the Universe and everything in it. If there were a god in this staggering immensity of existence, who is arrogant or delusional enough to think that god would care for her or him? This god, or intelligent designer, would have to be incomprehensibly powerful and its domain so immeasurably vast, that it would not care what we thought of it either way.

# DEDICATION

This book is dedicated to all the brave women and men throughout history who fought against oppression, injustice, and tyranny. They stood up against oppression, injustice, and tyranny by the sword and of the mind. It is because of their courageous souls that many of us are able to enjoy the liberties and amenities of modern life. They are forever with us in spirit because they advanced knowledge and protected innate human rights for every person. They did what was beneficial for Humanity and were awarded with an everlasting Afterlife—their voices echo in this book.

We must have the courage and resolve to carry on their work. In doing so, we can only hope that our light will shine a fraction as bright as theirs in our Afterlife.



# Copyright Information

The images in this book are either in the public domain, used in accordance with the Fair Use Copyright law or Creative Commons License, or with the appropriate permission. If you are the copyright holder of any image in this book and believe it was used in error, please contact us at [freewill@encognitive.com](mailto:freewill@encognitive.com) and the image will be immediately removed.

The curated quotations and passages in this book are meant to analyze, critique, support, dismiss, review, or comment on particular subjects. The persons quoted in this book are *not* associated with Naturalopy, nor do they endorse it in anyway, nor were they contacted prior to the book's publishing.

A special thanks to [www.wikipedia.org](http://www.wikipedia.org) and many others, too many to mention, who openly provided the content that made this book possible.

## Disclaimer

This book comes with no warranty whatsoever, either implied or expressed. Its content is for educational and entertainment purposes only. No effort was made to ensure that the information is complete or accurate. The reader is solely responsible and liable for how she or he uses the content within the pages of this book, either in print or electronic format.

Where applicable, parts of this book are copyrighted by Trung Nguyen (Copyright © 2014 by Trung Nguyen). However, you may use the work by the author in this book without restriction.

Where applicable by international laws, the words “Naturalopy”, “Naturalopic”, and “Naturalopist” are trademarks of EnCognitive.com .

Compiled by Trung Nguyen

Written by Trung Nguyen

[freewill@encognitive.com](mailto:freewill@encognitive.com)

[www.encognitive.com](http://www.encognitive.com)

September 2014, Edmonton, Alberta, Canada

ISBN: 978-1-927091-00-5



# DONATE

If you found this book to be helpful, please consider donating via PayPal by clicking the image below. Any amount is appreciated.



[https://www.paypal.com/cgi-bin/webscr?cmd=\\_s-xclick&hosted\\_button\\_id=F3BFA8ZH7QL9S](https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=F3BFA8ZH7QL9S)

If the link image and link above do not work, the PayPal email to donate to is:

**freewill@encognitive.com**

You only live once. Make it count.